GRAPEVINE

VISITACION·VALLEY

NUMBER 109 — SERVING OUR COMMUNITY — AUGUST 1995

Planning for the Valley's Future Water Needs

Karen Kubick of SFDPW presented Valley residents with en overview of the City's water needs, past, present and future.

Lt. Tom Murrey of the S.F. Fire Department emphasized the crucial role readily aveileble water plays in firefighting needs.

Proposed Reservoir For McLaren Park

Members of the S.F. Department ot Public Works (SFDPW), Public Utilities Commission - S.F. Water District and the S.F. Fire Department met July 20 with Valley residents to discuss future plans in upgrading the City's long-range *Supplemental Water Supply Program.*

After looking at nearly 100 potential sites in San Francisco, McLaren Park has been selected as one of three underground storage sites being proposed. Construction on the proposed reservoir, expected to measure approximately 150 by 300 feet, and 25 feet deep would be located in one of two park locations.

Scheduled to be built in the year 2005, the reservoir would provide emergency supplies of water for fire-

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HUD Delivers $11.8 Million To Valley for New Housing

In an initial ection to help fund the construction and operation ot 110 units of affordable housing, HUD Assistant Secretary Nicholas Retsinas presented the Housing and Community Development Corporation (HCDC) with $11.8 million at a July 19 gathering at Geneva Towers.

This funding will also guarantee adequate resources to subsidize rents of 55 very low-income families. HCDC plans to couple these funds, low income housing tax credits and city funding support in order to construct the 110 affordable family apartments et 150 Britton St.

"We are correcting the mistakes of the past by using newly invented tools," said Retsinas at the celebration ettended by many city officials. "Today we renew our commitment to help this community rebuild. Through a vital partnership between a non-profit, the City of San Francisco and the federal government, we can restore the resident's faith in this neighborhood."

HUD and the City of San Francisco signed e memorandum of understanding (MOU) in February committing the federal agency to assist in funding additional affordable housing in Visitacion Valley. The City promised to make numerous other social, health and police services available to the neighborhood and to work with HUD in developing the housing. This MOU wes based on recommendations by the Visitacion Valley Task Force, which is made up ot local residents.

Residents of both Geneve Towers are currently being relocated so the twin highrises can be demolished for edditional low-rise family housing to be built in their piece.

Eligible families have been provided with certificates and vouchers allowing them to rent in privately- owned apartment complexes and pay no more than 30 percent of their incomes in rent. So far, more than two-thirds of the Towers' residents have found new housing, with the remainder given until August 31 to vecate.

Although their vouchers and certificates allowed them to move anywhere in the nation, most former Towers residents decided to stey in San Francisco.

Soil Testing Begins at Schlage Lock

Schlage Lock Company has begun testing to determine if there is any underground contamination beneath the property at 2401 Bayshore Blvd.

"Based on the information known to date, it looks like any potential contamination, if it exists, is entirely underground," said Stephen Hauptman, maneger of Safety and Environmental Affairs at Schlage. "No employees or members of the public have had eny direct exposure to contamination, and our investigation activities won't result in the release of any contaminated soil or groundwater to the general environment."

Up to four groundwater wells will be installed around the boundaries of the Schlage property, and up to 18 holes will be drilled on and around the property to obtain soil samples and additional groundwater samples. These samples will then be tested by an independent certified laboratory to determine if there is any contamination end, it so, the type of concentration of the contaminants.

It contamination is tound, then Schlage Lock and other responsible partles will develop e remediation plan to clean up the site. Members of the public will then have an opportunity to review and comment on the proposed remedial action plan.

Plant operations will continue without interruption during site investigation and remediation ectivities.

"The site investigation won't impact our neighbors," said Hauptman, " but as a long-time part of this community, we want to make sure our neighbors know what's going on here at Schlage."

Heuptman also stressed that any contamination that might be tound is the resuit of historic industrial activity in the area and that current Schlage activities comply will all environmental safety standards. Residents with questions or who would like to be placed on a mailing list to recieve further information are urged to contact him at 330-5678.

New Valley ESL Classes Start August 21

Non-English speaking residents of Visitacion Valley will finally get their opportunity to gain valuable reading, writing and vocal skills when two levels of ESL classes taught through S.F. City College open Monday, August 21, 6:30 p.m. et the Visitacion Valley Community Center, 50 Raymond Ave.

"This is one way tor the non-English speaking community to acquire English skills without having to go outside Visitacion Valley," explained Marlene Tran, spokesperson for the Visitacion Valley Asien Association. Also e Visitecion Valley Task Force (VVTF) and Valley Collaborative member, her persistent lobbying for the much needed local classes at VVTF meetings, as well as through other venues, resulted in the four-month- long classes at VVCC.

Noting virtually half the neighborhood is comprised of non-English speaking people - many ot Asien descent - Tran forsees vastly improved ESL classes in the months to come with proposed input coming from the S.F. State Urban Institute.

Little Hollywood Set to Battle Hazardous Waste Expansion

Citing the 2,000 tons ot garbage end trash being transported in and out of the neighborhood each day, residents of Little Hollywood gathered at the First Korean Presbyterian Church July 22 to draft preliminary terms end conditions to halt the proposed expansion of the Household Hazardous Waste Feclity on Tunnel Ave.

"We all know about the problems that the facility creates," explained Little Hollywood resident Ralph Oroquita in a recent letter to his neighbors, "such as dust, odors, noise, traffic, rats, sea gulls, airborne toxics, loss of property value, large trucks driving through the neighborhood, loss of rental value, loss of business, loss of services, possible toxic releases, possible catastrophic fire end explosion dameges and possible health end safety dangers."

Oroquita explained that Little Hollywood's first and foremost goal is now the relocation of the entire complex facilities adjacent to the area's homes. Residents gathered to discuss their ongoing problems with the hazardous waste facility, and to draft preliminary goals for possible litigation.

"This expansion will produce major effects on the community that will last for more then 30 years," explained Oroquita in the letter. "Many residents have seen the terrible effects that the garbage transter station and the public dump areahas created for the past 25 years. it has branded this area es the *City Dump.*"

Oroquita elso questions the contaminated dust emanating from the facility. "How toxic and what type of carcinogenic (cancer causing) particulate matter is in that dust?" he asks. "If you think that distance will save your family, the radioactive dust from the explosion of the Russian nuclear power plent only took e week to circle the world."

Oddly enough, es the afternoon's proceedings progressed, a small grass fire ot unknown origin broke out behind the building where the meeting was being held.

More Little Hollywood news in Graevine Mailbox on Page 2.

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Lead Poisoning a Threat to S.F. Children

When Nell Gendel, the San Francisco lawyer who helped guide Consumer Action (CA) in its founding years, was looking for e new end meaningful project in the early 1990s, he focused his attention on the silent epidemic of childhood lead poisoning.

Now in its fourth year, the Lead Poisoning Prevention Project is a major player in the City's efforts to eradicate lead poisoning. it also has a growing influence througout the state and nation.

Lead poisoning, which edversely effects the development, behavior and ability to learn of many pre-school ege children, cannot be cured. "You heve to prevent them from being exposed to lead in the first place," said Gendel. Approximately 8 to 10 percent of all children tested in San Francisco heve elevated levels of lead in their blood, and that percentage is higher in low income and minority communities.

So CA's Lead Poisoning Prevention Project, founded end directed by Gendel, is designed to prevent children's exposure to lead - but its work does not end there. The project's wider goals, said Gendel, are helping disadvantaged communities have healthy children, decent housing, end jobs end careers.

The project's immediate mission is educating parents about how to protect their children from lead poisoning, pushing for testing all young children for lead poisoning and fostering programs to reduce lead hazards in the city.

COMMUNITY SUPPORT

Gendel designed what he believes is one of the few comprehensive efforts led by e non-governmental agency to prevent lead poisoning in a major metropolitan area. The project focuses on the creation of partnerships with community- based organizations that have dey-to-dey contact with low-income and minority families - those most likely to live in dilapidated older housing where children are frequently poisoned.

"Children's health is threatened by many things. Lead poisoning is just one," said Gendel. "Community-based organizations can educate parents about ell these threats at the same time they make them eware of the dangers of lead."

The backbone of the project is the work with community- based groups. "Where end how we distribute educational materials is as important es what we say in those materials," said Gendel.

He noted that without the help ot such groups, which heve the trust and attention of people who don't speak English well or who don't tend to look to government agencies or the mainstream medie for information, there

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Resident Council Seeks City Funding

Members of the Geneve Towers Resident Council got down to business during the July 20 meeting.

Following e well-attended meeting just 10 days earlier, the Geneve Towers Resident Council met July 20 to update its members on several ongoing agenda topics.

Most important is e proposal for annual funding being submitted to San Francisco for the organization's following undertakings:

- Providing technical assistance tor training, employment and contracting opportunities for residents of Visitecion Valley.
- Developing e pool of job applicants and job training programs for Velley residents.
- Ensuring 30 percent ot hires are from Visitacion Valley.
- Continuing public health end other social services in the local community.
- Ensuring 30 percent goals in contracting, training, etc. are related.
- Guarantee ot preferences for Geneva Towers residents in newly constructed housing.

Proposing to work with the City in pre-development ectivities in the development of replecement housing, the Resident Council's ultimate goal is to negotiate an agreement giving residents the opportunity to own, plan and menage their housing.

In the meantime, the Towers' Social Services department will be relocating to the *Nationwide Paper* building across Schwerin St. by the end of August.

Competitive Bidding for City Services

By Mayor Frank Jordan

Competitive governance is the next logical step in my efforts to bring fiscal sanity to our city budget process.

That is why I am placing an ordinance on the November ballot which would require city departments to study the potential benefits and cost effectiveness of competitive bidding for city services

This ordinance reflects the recommendations of members of my Blue Ribbon Task Force and numerous San Franciscans who are working with my administration to restore San Francisco's fiscal and economic health.

As a strong proponent of Vice President Al Gore's reinventing government initiatives, it is my view that, as a city, we must find a way to allow competition into government whenever feasible. This is particularly true at a time when cities across the nation are faced with severe state and federal budget cuts which undermine our ability to support prosperous and thriving urban centers.

Many American cities are enjoying the benefits of having established programs that allow government agencies to compete against the private sector to provide city services.

San Francisco should not be left behind struggling to survive by using philosophies which are outdated and have cost government the public's confidence.

I understand and respect the concerns of city employees who see contracting out a severe threat to their personal livelihood. I believe that rather than contracting out city work, we should pursue a program where by the city departments have the opportunity to compete against the private sector and, in some cases, against each other to provide public services.

Such a spirit of competition will undoubtedly result in reduced management and a workforce that is sensitive to cost, productivity and quality of serive. I am hopeful that the public, the Board of Supervisors and city departments will see competitive governance as a greet opportunity to restore public confidence in San Francisco government as we face severe reductions in support from Washington, D.C. and Sacramento.

My proposal wil set the stage for establishing competitive government by requring the city departments study the potential benefits and savings associated with using contractors to perform a variety of city services.

Over the last three years, I have faced an unprecedented obligation to balance $746 million in projected budget deficits that were the result of state and federal cutbacks, a severe economic recession, uncontrollable salary setting mechanisms, and numerous federal, state and judicial mandates.

My administration has done everything possible to balance the budget without impacting essential city services.

At the same time, I have avoided increasing taxes to the maximum extent possible and have set a tone that is aimed at restoring the city's fiscal and economic health. We are beginning to turn the corner and are starting to experience job growth instead of job flight. Last year, we welcomed more than 5,000 new jobs to San Francisco.

I am working closely with the City's Redevelopment Agency, my office of Business and Community Services and the business community, large and small, to continue to expand the city's tax base and increase revenues.

While I am very proud that we've been able to avoid severe reductions in city services through much creativity and hard work, I believe that few options remain available to us if we are to continue to move this city toward long-term fiscal health.

Competitive government can work in San Francisco, as illustrated by the successful contracting out of the laundry service at San Francisco General Hospital. Additionally, the city workers successfully competed against the private sector to provide security services at city museums. Among the areas which the city is currently exploring are waste water management and traffic ticket fine collecitons from out-of-state violators.

It is my hope that the members of the Board of Supervisors and the rest of the community will recognize that we can no longer continue to operate the city's business as usual. We must be prepared to face the severity of state and federal cutbacks as well to regain the public's confidence.

Collective Purchasing of Electricity?

Each month when the utility bill arrives in the mail, we are all reminded of the stinging price of electricity. But did you know Californians pay almost 50 percent more than other consumers of electricity nationwide?

And according to a 1993 report by the Bureau of Labor Statistics, electricity rates in the San Francisco Bay Area were second highest in the nation.

To combat this multi-million dollar drain on limited municipal revenues, the Association of Bay Area Governments (ABAG) is pursuing formation of a *power pool* - or collective electricity purchasing program - to capitalize on the buying power of all cities and counties throughout the Bay Area.

"Local governments spend millions of dollars each year on electricity," said ABAG Executive Director Eugene Leong. "ABAG's goal is to coordinate electricity purchases and negotiate lower rates for our members. It will be like getting an enormous discount for buying in bulk."

ABAG estimates Bay Area local governemtns may spend up to $100 million annually on electricity (up yo $1,000 per employee each year).

This initial power pool concept is aimed at electricity purchased directly for use by cities and counties. However, the tremendous savings available through collective purchasing may eventually be made available to citizen consumers as well.

ABAG is studying an emerging concept called *muni-lite* through which cities and counties may be able to provide low-cost electricity to their residents at substantial savings. This program could also serve as a revenue source for local jurisdictions.

ABAG is looking to organize its members into *buying blocks* that will be attractive to sellers of electricity, while creating significant savings for participants.

ABAG is also exploring the possibility of applying the power pool idea to natural gas purchases.

Leong announced the Bay Area power pool proposal at a June 22 conference. ABAG has already hosted one organizational meeting to discuss the legal and technical requirements with city and courty representatives.

-ABAG Service Matters

Five Years Ago In the Grapevine

AUGUST 1990

•A 51-unit home for people with life-threatening illnesses was being planned by *Hospice by the Bay* for the former Maxicare site at 14t Leland Ave.

•San Francisco's Billy Hutton Track Club sprinted away from the National Junior Olympics July 25-29 in Lincoln, Nebraska with seven medals.

•Renovations continued at Geneva Towers with 40 units made ready for occupancy.

•In a joint effort with the S.F. Housing Authority and Sunnydale Tenants Association, S.F. Boys and Girls Club scheduled August 1 in opening its newest Visitacion Valley branch.

•Architects from Hood-Miller Associates unveiled plans for 40 new homes to be built on Hester Ave.

•Tree planting was proposed for Valley streets with assistance from S.F. Friends of the Urban Forest.

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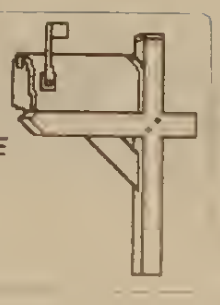
Best Practices Award To Laguna Honda

With its winnning program *Beyond Language: The Celebration of Diversity in Long-Term Care*, Laguna Honda Hospital was recently issued a *Best Practices Award* from the California Department of Health Services.

"In an era of change and health care transition, this Best Practices Award reminds us that the focus of our work is quality, personal health care for our patients," said Dr. Sandra Hernandez, director of the Department of Public Health. "Laguna Honda's efforts to meet the health care needs of diverse populations is a fitting testimony to that commitment."

The Grapevine Mailbox



Keeping Informed on Waste Facility Expansion

To: Local Assessment Committee; Communities of Little Hollywood and Visitacion Valley; City of Brisbane

Attn: Proposed expansion of the Norcal/ Sanitary Fill Company Recycling, Solid Watse and Hazardous Waste Facilities at the Tunnel/ Beatty complex.

LAC Members and Community Members:

The proposed formation of a *communication and information panel* that would try to find solutions to city-wide problems and possibly become a committee to negotiate mitigation measures, and to advise on terms and conditions that will make the proposed expansion of the facilities acceptable to the communities is an extremely complicated task for any group of panels.

The communities that are adjacent to the Norcal/ Sanitary Fill Company facilities should individually form a committee for each community. The Bayview/ Hunters Point community and any other community can form a committee if they so desire. The negative environmental impacts on each community may be similar in character, but can be very different in magnitude and overall effects on each individual community.

Each community should have its own way of presenting its terms and conditions, and should not be bound to the agreements or disagreements of the other communities. The proposed expansions and conditional use permits could have an environmental impact on the communities for more than 30 years. The citywide problems of Norcal affiliates should not burden any committee to the point where the purpose of the committee will be suppressed. The time frame that any committee will have to have any effect on the project is limited.

Alec Bash of the Planning Department stated that once of the comments and responses on the Draft Environmental Impact Report were completed and mailed to the commentators and the Planning Commission, there would be a relaitvely short time to write a letter to the Planning Commission. The Planning Commission would then act on certification. Once the EIR is certified as complete and accurate, the only appeal process would be to go to court.

The *communication and information panel* that is being proposed by Norcal will not be funded, or have any of the necessary requirements to have any directive powers or legal assistance to solve any existing problems or any of the negative impacts that will be created by the expansion of Tunnel/ Beatty facilities. This panel could result in a waste of the limited time available and expend the energy of the panel members.

The ..egative impacts of the expansion project will be greatest in magnitude and have the longest lasting effects in the Little Hollywood community, since their homes and the Korean First Presbyterian Church are adjacent to the complex.

The entire Little Hollywood community will be notified by newsletter, and there will be a general meeting conducted by the Little Hollywood Association and interested residents of the community. This general meeting will not be sponsored in any way by Norcal or City agencies. A committee for the purpose of developing terms and conditions that may be acceptable to the community for the expansion of the Tunnel/ Beatty complex could be formed at this meeting.

After each community has established its committee, then sharing information and ideas could be beneficial. A list of common terms and conditions can be jointly prepared, but all the communities will have the right to present their own terms and conditions.

There are federal grant funds available to protect the right of the residents of small communities. The Environmental Equity and Environmental Justice Departments of the United States Environmental Protection Agency make these funds available through varied programs. As a minority and low-to- moderate income community, the Little Hollywood community is the ideal candidate for such grants.

Several law schools and legal foundations have been notified and are interested in developing legal assistance for this community.

Regular meetings of the Little Hollywood Association will resume and will not be combined with Norcal/ Sanitary Fill Company or City agencies. I am sure that Don Bertone, president of the Association, will make available the list of officers, members of the *board of directors* and members of the Association; rules of conduct, by-laws, constitution, incorporation documents and any informaiton pertaining to the Association for the members of the Association to review. This community wants to work together to have the best environment to have our homes in and to raise our families. A real effort will be made to expand the membership and participation of the members in community affairs.

-Ralph Oroquita

Local Exclusions from South Bayshore Plan

To: Visitacion Valley Task Force, Marlene Tran, Visitacion Valley Community, Little Hollywood Community, Mayor's Task Force, Anthony Lincoln, Dedra Jackson

Dear Ms. Tran, Mr. Lincoln, Ms. Jackson, Task Force members, and members of the communities:

I am writing to inquire if anyone has any information pertaining to the Planning Department and the San Francisco Redevelopment Agency as to the redevelopment and revitalization of the Visitacion Valley and Little Hollywood communities.

The *South Bayshore Area Plan* was reviewed and revised in 1970. Since t970, various plans, memorandums, reports, proposals and negative declarations have been written. A *Draft Resolution of Initiation* was signified by the Planning Commission on June 22, 1995. A modified version of the *South Bayshore Area Plan* should be approved by the Planning Commission on July 27, 1995. It has taken 25 years to develop a plan and resolve most of the issues.

Sometime in the 1970s, Bayshore Boulevard from Meade Avenue southward to Sunnydale Avenue and Little Hollywood were removed from the *South Bayshore Area Plan*. The removal of the Little Hollywood community and the Visitacion Valley commercial section along Bayshore Boulevard from the *South Bayshore Area Plan* leaves these two communities without any assistance funds, loans or grants.

A *Draft for Citizens Review* prepared by the San Francisco Department of City Planning, dated June 1980 and titled "*Visitacion Valley Neighborhood Improvement Plan*" was written by the Planning Department. The Planning Department could not find any documents of any actions that were taken by the Planning Commission.

The *Visitacion Valley Neighborhood Improvement Plan* has combined the communities of Visitalcon Valley and Little Hollywood. The Plan also includes: the Sunnydale Housing Project, Lower Visitacion Valley, Upper Visitacion Valley, Leland Avenue Commercial Area, Geneva Towers and Geneva Terrace.

The Plan does not include the commercial area along Bayshore Boulevard in Visitacion Valley. Bayshore Boulevard is still one of the gateways into San Francisco and gives a first impression to visitors and business developers. Revitalization and redevelopment are very necessary to stop the downward spiral of these communities.

Will it be another 25 years before any "Plan" can be incorporated?

The *Draft for Citizens Review* "*Visitacion Valley Neighborhood Improvement Plan*" sat on a shelf gathering dust for 15 years. Our neighborhoods will deteriorate if a joint effort is not made to stimulate community awareness and wake up City Hall.

There is a direct correlation of community deterioration and an increase in crime. The population of these communities has a growing Asian ethnic background and they do not feel they should resist government policy. Crimes are committed against them, and they do not ask for help and suffer in silence. The language barrier is extremely difficult to overcome. Intimidation should be a word *stricken* from our communities and no outside groups should be allowed to overwhelm the community positions with threats or verbal dialogue.

If we do not pay our property taxes for 15 or 20 years, would City Hall be so patient? A very valid question that can be presented to the Mayor by the Task Force is: "What are the future plans of the Chief Administrator Office, San Francisco Redevelopment and the San Francisco Planning Department in relation to the communities of Visitacion Valley and Little Hollywood?"

Thank you for your time and attention,

-Ralph Oroquita

Free Legal Help

Do you have a problem that may require an attorney? Visit the free *Legal Advice and Referral Clinic* on Saturdey, August 12, 10:30 a.m. to 12 noon at Hastings College of the Law, 198 McAllister St.

You will recieve a private consultation with an attorney who will determine if you have a legal problem. If further legal assistance is needed, you will also recieve a referral from the attorney to an appropriate agency. Most areas of the law, including family, landlord/ tenant, business, consumer, wills, personal injury and employment will be covered at the clinic.

More information is available by calling 764-1616. This clinic is not a service of Hastings Law School - please do not call Hastings College.

Pet Loss Support

On Tuesday, August 1, Dr. Betty Carmack will moderate a free *Pet Loss Suport* Group for grieving pet owners, 7:30 to 9 p.m. at the SPCA, 2500 16th St. Call 554-3000 for information.

Nominees Sought for Clean Air Awards

Do you know any people who make an exemplary effort to keep San Francisco clean and litter-free? If so, the S.F. Clean City Coalition, giving out its next series of litter abatement awards, would like to heer from you.

You can nominate that spotless store or restaurant you have noticed, or that dedicated person you always see sweeping the street and picking up litter in the neighborhood.

Rossi Awards honor those citizens who make an outstanding effort to keep S.F. clean and attractive. These semi-annual awards were named for former S.F. Mayor Angelo Rossi, who initiated many civic beautificaiton projects.

Deadline for nominaitons is August 15. Next winner will be announced and honored at a luncheon later in the month.

S.F. Clean City Coalition is accepting Rossi Award nominaitons in the following categories:

•*One Neat Citizen*: Any individual who has made a significant, ongoing effort to clean a littered public area.

•*One Neat Association/ Organizaiton*: Any formally organized group that exhibits a significant and ongoing commitment to litter removal alone or litter removal in combinaiton with neighborhood beautification projects.

•*One Neat Corporation*: Any corporation that sponsors or staffs community cleanups, litter control programs, or makes a special effort to keep its buildings or plazas clean.

•*One Neat Hotel/ Restaurant*: Any hotel or restaurant that devotes time and resources to cleaning up S.F.

•*One Neat Merchant*: Any merchant - a grocery, a bookstore or laundromat owner, for example - who does an excellent job of keeping their sidewalks and shopping area clean and tidy.

•*One Neat School*: Any school or educational institution, public or private, that makes an effort to keep their facility and grounds especially neat.

•*One Neat Neighborhood*: Any informally organized group that periodically organizes litter cleanups.

For more information, contact the S.F. Clean City Coalition at 553-2913.

SAN FRANCISCO ONE NEAT CITY

ROSSI AWARD NOMINATION FORM

I nominate *One Neat*...(circle one):
Citizen, School, Merchant, Neighborhood, Corporation, Hotel/Restourant, Organization

Nominee: _____

Address: _____

Phone: (day) _____ (eve.) _____

Business/Organization: _____

** Nominators: Please include a brief description of what the nominee has accomplished to support your nomination as well as *your* name, address, business/organization and day and evening phones.

Mail form and description to:
SFCCC, 900 Seventh St., San Francisco, CA 94107

Youngsters Recite, Sing and Learn at Saint James Presbyterian Bible School

By Gerry L. Galvan

Seventeen young children, including a 32 month-old boy, attended and earned completion certificates from this year's *Daily Vacation Bible School*, e five-day summer program at Saint James Presbyterian church, 240 Leland Ave. The program was capped by a literary/ musical presentation.

Featured fn said presentation were the developed skills of the youngsters' Biblicaf verse recitation from memory, and dramatization of episodes described In the *Book of Corinthians* and the *Book of Acts*.

The 32-month, still- diaper- wearing toddler, Josh Willlem P. Lacanienta, endured and performed at least 85 percent ot his July 16 role et the church's social hall rites. He's the son of Levi and Noreen Lacanienta of Visitecion Valley.

Josh could adequately follow or even successfully compete with his fellow DVBSers who were very much older. He could gracefully turn eround and around in circles as symbolic music was beifng played. Jose W.P. Lacanienta was one of six toddlers with the *Beginners* class. (His DVBS education was gauged during their family dinner time immediately after school when Josh, on seeing his parents eat without praying, said, "Mommy, pray."

The BVBS program was divided into three classes, namely: the *Beginners*, the *Primary* and the *Juniors*.

Josh Lacanienta's class included Samantha Briosos, Erwin Quion, Nadine Quion, John Ross Tolentino and Michelle Tolentino. In the *Primary* class, they had Michael Briosos, Andrea Carter, Clarice Mangum and Rafael Tolentino.

The toddler's theme song presentation, *A Christian I Will Be* and simplified verses from the New Testement came out just exactly the way the 1995 DVBS teachers and staff had wanted and hoped them to be. Said beginners were a picture of pure innocence, love, obedience and carefree temperament. They were an embodiment of Jesus Christ's invitation to "Let the children come to me," es He extends His love and grace to any and all who seek and accept Him as their Lord and Savior.

The conversion of Paul from his life as a Roman persecutor of the early Christians into a devout witness for Jesus Christ was clearly illustrated in the two songs *Ambassadors of Christ* and *Peul Walked*. *Primary* class members Andrea Carter, Michael Briosos, Clarice Mangum and Rafael Tolentino could hardly reach up to the stage microphone, but they succeeeded in portraying the life of Apostle Paul when he was on his way to Damascus. As a Roman euthoritarian bent on fmposing his will on other people, most particularly the Christians, Paul - who was called Saut - was instead called upon by our Lord to change course. He fell off his horse when a blinding light struck his eyes, and subsequently heard the voice of the risen Christ, Who told him to Witness for Him to the Pagans, the Gentiles and even the Jews. -Such was the message in the two songs sung by the *Primary* class.

The mission of Apostle Peuf and his companions like Ananaias, when they were jailed and miraculously released by en angel of God, was demonstrated in the Junior class song *The Jailhouse Rocked*. The performers were Tobias Cosby, Larry Cosby, Mark Tolentino, Stephenie Reyes end Michael Tolentino. The Pastor, the Rev. Dr. Jerry O. Resus was, by program design, included in the cast of singers who sang *The Jailhouse Rocked*.

Saint James Presbyterien church's July 10-14 *Daily Vacation Bible School* was the third effort at the church during the incumbency of Rev. Resus. He and such associates as his wife, Dr. Aracell N. Resus, Mrs. Violeta R. Galvan, Mrs. Hermie Oller, Corinne Resus, Mrs. Juliana Reyes, Sarah L. Carter and others staged the first DVBS in 1993.

The *Daily Vacation Bible School*, a church concept started in 1894 by e Louisville, Kentucky lady, has been followed as a regular summer schedule in many congregations across the U.S.

It was originally e denominational project, hatching as it did within a United Methodist congregetion. As the years went by, however, other such denominetions as the Presbyterians, Baptists, Lutherans, etc. picked up and adapted the idea. Today, the idea has brought beneficial results to thousands upon thousands of youngsters, nonetheless of whom is Josh William P. Lacanienta, who called on his parents to practice what they preach.

Meanwhile, Florence Pewtherer, chairperson of Saint James Outreach committee, has made an invitation to attend and participate in the church's monthly *six o'clock pot luck dinner* at Saint James. Said dinner, the exact dates ot which will be announced later during the month, will be followed by games, suited both to the young, the not-too-young, the old and the not-too-old.

Daily Vacetion Bible School (DVBS) children, along with one of their instructors, prepare to perform a closing exercise number.

Displeying the DVBS logo for the audience, one of the teachers prepares to comment on the summer program.

Andree Brigitte Carter and Michael Briosos (to her right) listen es classmate Refeel Tolentino recites a Bible verse.

Josh William P. Lacenienta is assisted by his mother Noreen as she adjusts his decoreted peper hat.

VISITACION VALLEY TASK FORCE
Benchmark Community Hearing

Valley residents are invited to the next regular meeting, Saturday morning August 26, 10:30 a.m. at Saint James Presbyterian Church, 240 Leland Ave.

Visitacion Valley Dental Office
Albert Kuan, D.D.S.

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VISITACION VALLEY BENCHMARKS

- COMPILED BY THE VISITACION VALLEY TASK FORCE

HOUSING

Category of Need: Preserve, expand and improve housing that is affordable to low- and moderate-income residents.

Federally Subsidized Geneva Towers

I. Ensure that (xx) number of existing residents of Geneva Towers will have accessible and affordable opportunities to remain in the community.

*Create a series of *Section B* workshops for the residents of the Towers and disseminate information about housing rights, subsidies and opportunities for staying in the neighborhood.

*Hire and utilize the Community-Based Relocaiton Assistant and Tenant Rights Program, as directed by FHA, to assist residents with identifying housing options in the Valley.

*Build dwellings affordable to low and middle income households (rental/ownership) on the vacant lot across from Geneva Towers based on the following mix: 15 to 20 percent families with children; 15 to 20 percent seniors with children; 15 to 20 percent AFDC families; 15 to 20 percent single adults; and 15 to 20 percent first-time home owners.

*Ensure that a predetermined percentage of new dwellings at the Sunnydale Blvd. site be ear-*market* as *Secion B* dwellings.

*Provide access to *First-Time Home Owners Program*.

II. Create a *Partners in Planning* program involving Geneva Towers Resident Council and residents, HUD, local government and CBOs

*Hold regular meetings and update the residents concerning demolition, replacement and relocation.

*Create a centrilzed bulletin board(s) to post events, job opportunities, etc.

*Hire and utilize the Community-Based Relocation Assistant and Tenant Rights Program, as directed by FHA, to assist residents with identifying housing options in the Valley.

*Develop a mechanism (database) to allow Tower residents to have priority regarding future replecement housing and link with MOH requirements to assure their eligibility.

*Research possible outreach models to assist in Partners in Planning program design (e.g. Western Addition, etc.)

*Link Geneva Towers program with Sunnydale's planning process.

III. Monitor the relocation of Geneva Towers' existing social services into new locations.

*Support the existing services provided at Geneva Towers (and planned relocation). Services include: Health Clinic, Family Addiction Center for Education and Training, Monthly SAFE meetings, Recreation Program, Mayor's Food Program, Youth Council, Camp Fire Boys and Girls, Parents Group, Senior Services, Youth Library, Gang Prevention Program, SHARE - Food Distribution Program, and Head Start Program

*Promote the development of additional social services, including Community Support Service Central Station, Business Apprenticeship Center and Business Assistance Center.

Senior Housing

IV. Develop a comprehensive senior residential home/center to house (xx) Visitacion Valley seniors.

*Develop a senior congregate care facility proximate to units for first-time home owners.

*Include the following services: Medical Center, Nutrient Center and Cafeteria, Activity Room and On-Site Van Transportation.

*Link Senior Center with two satellite locations: John King Center and the Visitacion Valley Senior Center.

Public Housing / Sunnydale

V. Ensure that (xx) number of existing residents of Sunnydale housing projects will have accessible and affordable opportunities to remain in the community.

*Build dwellings (townhouse/ single-family) affordable to low and middle income households (ownership only) on Sunnydale site based on the following mix: 15 to 20 percent families with children, 15 to 20 percent seniors with children, 15 to 20 percent AFDC families, 15 to 20 percent single adults, 15 to 20 percent first time home owners (2 to 4 bedroom units).

VI. Create a *Partners in Planning* program involving Sunnydale Resident Council and residents, HUD, local government and CBOs.

*Hold regular meetings and update the residents concerning demolition, replacement and relocation.

*Create a centralized bulletin board(s) to post events, job opportunities, etc.

*Hire and utilize the Community-Based Relocation Assistant and Tenant Rights Program, as directed by FHA, to assist residents with identifying housing option in the Valley.

*Develop a mechanism (database) to allow Sunnydale residents to have priority regarding future replacement housing and link with HUD/ MOH requirements to assure their eligibility.

*Research possible outreach models to assist in *Partners in Planning* program design (e.g. Geneva Towers, Western Addition, etc.)

*Link Sunnydale's planning process with Geneva Towers'.

VII. Monitor the relocation of social services located at Sunnydale into the planned and proposed replacement housing developments.

*Support the existing services provided at Sunnydale public housing. Services include: Job- Training-Screaning Referral for Sunnydale by Ella Hill Hutch Foundation, CAPERS-Job Counseling, S.F. Boys and Girls Club. S.F. Recreation Dept., Gang Prevention Program, S.F. Educational Tutorial and Enrichment Program, Girls After- School Academy, BOC Food Distribution, SFPD Public Housing Community Patrols, Health Canter and Women's Support Groups.

Existing House Stock

VIII. Encourage the rehabilitation of (xx) existing private housing units in need of improvement.

*Develop an outreach program to publicize local and state housing rehabilitation programs to home owners of single-family structures.

*Offer voluntary non-binding building inspections to all owners of single-family structures.

*Identify available financial resources and evaluate homeowners' capability to undertake rehabilitation.

*Promote a lead abatement program.

First Time Home- Ownership Program

IX. Create a comprehensive first-time homeownership program to assist (xx) Visitacion Valley residents in home-ownership.

*Expand existing homeownership programs.

*Monitor programs for effectiveness.

*Develop an outreach program to publicize local and state, and federal funding sources available for aquisition.

*Promote programs via home ownership forums.

*Provide specialized outreach program for displaced residents of Geneve Towers and Sunnydale.

PHYSICAL ENVIRONMENT

Category of Need: Enhance the physical and aesthetic conditions of Visitacion Valley.

Street Lights

I. Install new street lights in Visitacion Valley.

Beautification Program

II. Develop and implement a comprehensive Visitacion Valley Beautification Program.

*Assess the need and prioritize the program areas including: building rehabilitation, facade improvement and commercial streat improvements including: street cleaning, tree planting, trash receptecles, street lighting, etc.

*Rehabilitate commercial storefronts with particular emphasis on the facade.

*Develop a clean-up and painting fund to commercial storefronts.

*Expand existing or create new beautification projects at public schools.

*Hire Visitacion Valley residents to implement the program.

*Create a youth training program in conjunction with program.

*Link with existing programs including: Conservation Corps and various gardening projects.

Public Transportation

III. Retain and improve the existing public transportation system in Visitacion Valley.

*Ensure the San Bruno Express (Line 9) converts to extended hours of operation (all day and weekends) from its current peak-time orientation when the South Bayshore light rail is completed.

*Improve security of transit patrons on the busses by increasing police officer presence.

ECONOMIC DEVELOPMENT

Category of Need: Revitalize the business community, including Geneva Ave./ Leland Ave. Corridor and Bayshore Freeway.

Existing Businesses

I. Retain and expand the existing businesses along Geneva Ave. and Leland Ave.

*Increase accessibility of citywide business management and technical assistance programs to Visitaicon Valley merchants, specifically in the areas of bookkeaping services, item selection, marketing, merchandising, credit financing and better community relations.

*Link with existing and future economic development and technical assistance programs.

*Ensure existing CDCs extend marketing and outreach materials to Visitacion Velley.

*Provide incentives for small business loans in the community.

Merchants Association

II. Create a Visitacion Valley Merchants Association to include at least (xx) existing and new merchants.

*Work with retail brokers to develop marketing strategies and materials that highlight Visitacion Valley's consumer spending potential and demand for goods and services (program could link with S.F. State programs).

*Utilize *Community Reinvestment Act* to negotiate with financial institutions concerning opening bank branches in Visitacion Valley.

*Develop and implement an entrepreneuriel training program.

*Link with existing apprentice rograms or create and implement a pre-apprentice and apprentice program to promote Visitacion Valley apprentices and Visitaicon Valley merchants (e.g. construction, administration, etc.)

New Business Creation

III. Attract (xx) complementary new businesses and services to the Leland Ave., Geneva Ave., and Bayshore Freeway commercial corridors.

*Attract a large grocery store (i.e. Pak-n-Save, Food 4 Less). (task/project - Assess the support for a supermarket and identify potential sites; develop strategy to attract grocery store)

*Utilize *Community Reinvestment Act* to negotiate with financial institutions concerning opening bank branches in Visitacion Valley.

*Develop marketing/ advertising strategy to attract new complementary businesses to existing Visitacion Valley businesses.

*Create a *Fresh Start Farms Program* to expand the provision of organic produce to Visitacion Valley residents (and promote Visitacion Valley job creation).

*Develop comprehensive economic development plan.

*Promote collaboration of existing and future Visitacion Valley business in marketing goods and services.

Employment Program

IV. Produce a comprehensive Multi-Purpose Economic Program incorporating existing Visitacion Valley programs and new complementary programs.

*Conduct a feasibility study including the identification or sponsor(s), funds, services and classes (See Education and Training).

*Develop viable apprenticeship programs including: Youthbuild (construction skills) etc. Link programs with stipends for qualified clients.

*Pre-employment preparation including GED and tutoring assistance.

Job Creation

V. Create (xx) new jobs for Visitacion Valley residents.

*Link new job creation with apprenticeship and job training programs.

*Create a plan to promote and monitor first priority hiring practices for contractors and individuals through the construction of housing in Visitacion Valley (Geneva Towers, Sunnydale, Executive Park) and S.F. International Airport.

*Promote and monitor first source hiring practices for other developments in Visitacion Valley.

*Promote and monitor first source hiring practices for non-construction related job creation.

*Reward firms that have actively incorporated first source hiring practices in their own expansion.

*Create or expand incentives to hire Visitacion Valley youth within the community.

Redevelopment Area

VI. Declare Visitacion Valley a redevelopment area.

PUBLIC SAFETY

Category of Need: Improve public safety in Visitacion Valley and on all lines of transportation in and out of the neighborhood.

Police Station(s)

I. Develop a police substation in Visitacion Valley.

*Realign existing police stations (Ingleside and Potrero).

II. Restructure jurisdiction for service provision by one station.

Police Sensitivity Training

III. Develop a comprehensive police sensitivity training/ community awareness program for Visitacion Valley residents.

*Provide (xx) community workshops in Visitacion Valley.

*Invite police officers to Visitacion Valley Task Force monthly meetings.

*Develop a volunteer program with community residents who could help station perform clerical tasks.

*Expand existing or create new community awareness and sensitivity training classes.

*Create a *suggestion box* for community input to be located in strategic places within Visitacion Valley.

*Incorporate SFPD bilingual liaisons to immigrant/ monolingual population.

Bilingual Police Officers

IV. Hire (xx) bilingual police officers.

*Increase police patrol between key hours.

*Additional horse, bike and foot patrols.

Conflict Resolution Program

V. Develop a community service program to promote effective conflict resolution.

*Link program to Visitacion Valley residents, merchants, CBOs, schools, etc.

*Provide (xx) community workshops in Visitacion Valley.

*Conduct workshops for Visitacion Valley youth involved in first-time offenses, gang activity, proposed youth court project, etc.

*Link program to existing Visitacion Valley programs addressing similar issues.

Drug Free Zone

VI. Establish Visitacion Valley as a *Drug Free Zone*.

*Identify and mark boundaries of zones and also boundaries around schools in the community with signage.

Emergency Training Program

VII. Expand/ create emergency training (fire earthquake, life safety, etc.) programs.

*Provide (xx) training workshops for Visitacion Valley children about emergency safety issues.

*Provide incentives for youth to conduct outreach and education.

*Retain and expand the *Firefighters in the Schools* program.

EDUCATION AND TRAINING

Category of Need: Improve the delivery of education and training services through a collaboration among public agencies, community- based agencies and families.

Quality of Education

I. Improve the quality of education for all youth and adults in Visitacion Valley.

*Require and monitor higher academic excellence (faculty, students and families).

*Promote Visitacion Valley and city-wide school-to- work programs for Visitacion Valley students.

*Provide education for preschoolers and secure funding for program.

*Provide comprehensive programs that address both the educationel and social needs of children who are drug-exposed or potentially at-risk.

*Include/ expand school based mental health services.

*Promote after school gang prevention activities.

*Expand and improve computer linkeges in classrooms, Visitacion Valley Community Center, etc.

*Expand GED and ESL courses/ programs.

Beacon Concept

II. Develop a Beacon Concept(s).

*Determine site location(s).

*Establish program provision(s).

*Design appropriate after school programs (tutoring, peer counseling, computer classes, ESL classes, GED classes and job training.

Alternative Education Program

III. Expand/ create an alternative education program for (xx) youth (preschoolers, elementary, middle and high school) with special needs.

*Include curriculum that involves play therapy to allow children to identify barriers and issues as well as to learn about, act out and begin to heal from abuse.

*Strengthen and expand the role of DSS in monitoring child abuse, neglect, and truancy of students in school.

*Comprehensive programs that address both the educational and social needs of children who are drug- exposed or potentially at-risk.

*Expand GED and ESL courses/ programs.

*Promote the *youth courts* program.

*Provide alternative education programs/ services at various sites throughout Visitacion Valley.

*Include parent training and education.

*Link with vocational school program.

*Create/ write existing truancy detention program for middle school and high school students (monitor the presence of truancy officers in Visitacion Valley - hours in schools, community, etc.).

*Link program(s) with community service programs.

Family Program

V. Create a program involving grandparents, parents and young children.

*Expand existing Visitacion Valley programs targeted to families and promote collaboration of existing and new programs.

*Services provided in several languages.

*Increase the use of the public library in providing programs for the families.

*Increase the number of field trips and school events that bring together the students and their families.

*Link program with the recently established *Volunteer Listeners Program* (student/ seniors reading program).

*Link program with the soon to be established *Garden Project* (student/ seniors gardening program).

*Link program with the John King Senior Center and other senior programs.

*Involve parents at schools including administrative work, tutoring and general volunteers.

HUMAN SERVICES

Category of Need: Provide needed health and human services to local residents.

Drug Abuse/ Rehabilitation

I. Build a residential drug rehabilitation center to accomodate (xx) clients.

*Research, quantify and analyze the need for a rehabilitation center in Visi-

See Page 11

CITY COLLEGE OF SAN FRANCISCO

ESL CLASSES

City College of San Francisco,
Southeast Campus will be offering
two ESL classes in the Fall Semester
at the following location and time:

Visitacion Valley Community Center
50 Raymond Ave. (at Bayshore)
6:30 - 9:30 p.m.
Monday - Thursday
August 21 - December 21, 1995

Police Crack Down on Fireworks, Red-Light Runners

By Captain Michael Dower
Ingleside Station

JULY 4TH FIREWORKS

By working closely with the Fire Department and assigning e task torce to target lilegal fireworks, we confiscated over 100 pounds ot fireworks, extinguished two minor brush fires on Bernel Hill, issued five citetions for fireworks, and had no structure fires and no reports of injuries due to fireworks this year.

RED-LIGHT ENFORCEMENT

So far this year in the City, we have issued 5,934 citations to drivers running red lights. In spite of these tickets, red-light runners so far heve caused 462 traffic collisions, tour ot which were fatal. To further reduce the number of collisions, Ingleside is working with e new entorcement program to target red-light runners in our district. In response to the teedback we've been getting from the community, I have asked my officers to pay special attention to these streets: Mission, Alemany, Diamond and Chenery, Cortland, Teresita and San Jose.

AUTO BOOSTINGS

In the last column I discussed the increase in auto boostings citywide, and the attempts to ebate this problem. I'm glad to announce, due in large part to three seperate arrests - one ot which is chronicled below - our statistics have dramatically decreased. As e result, not one of the top 50 areas ot incidence fall in our district.

CRIME STATISTICS

District crime statistics show an overall decrease of 12 percent tor the month of June, with decreases in ell categories except for Burglary. It you haven't yet obtained e free security inspection of your home, call SF-SAFE at 673-SAFE. Don't be a victim!

MATRIX

During June, Ingleside officers made 192 arrests for violations such es public drunkenness, vandelism, trespassing, narcotics and graffiti.

COP-OF-THE-MONTH

We were privileged to have two of our officers, Sgt. Bob Johnston and Officer Dave Wright receive this important award, given each month by the S.F. Independent end the Council of District Merchants, and based on community nominations.

COMMUNITY BOARDS

Community Boards has, for years, offered free conflict resolution services in San Francisco neighborhoods. Recently, Charles Regal of Community Boards and Meuricio Vela of the Bernal Heights Neighborhood Center have joined forces to ease tensions between youths end adults in Holly Court. So far, three meetings have been held, with adults and youths airing their concerns and agreeing to work together. We will keep you posted on their progress, and wish them all success!

NOTABLE CASES

As usual, our patrol officers, through their diligence and skill, continue to make outstanding arrests. Here are just a few ot the notable cases:

Alabama & Norwich: Officer Regina Berrigan, a recent graduate of our Police Academy, end her field training olficer, Troy Dangerfield, were dispatched to e call of several boys breaking into a parked car. As they pulled up to the scene, they saw one ot the boys drop part of a stereo taken from the car. The officers took all the boys into custody, and after interviewing the witnesses that had called, booked the boy who was responsible for the crime.

Crocker Amazon Park: Officers Damon Williams and Steve Ford were dispatched to e report of child molesting. They arrived at the park end found the 52 year-old suspect surrounded by an engry crowd. Members of the crowd told the officers they had found the man in e toilet stall with e seven year-old boy. He had promised the boy some money if he would go into the bathroom with him. When the boy refused, the man grabbed him, forced him into the stall end began to molest him. After being discovered, the man tried to flee, but was held for police by the crowd. The suspect is unknown in San Francisco and may heve recently moved here. Perosns with information are urged to contact Inspector Kidd of Sex Crimes at 553-1361.

Fire Burns Building On San Bruno Ave.

More than 60 firefighters were needed to extinguish e smoky fire on July 5 which broke out in e two-story building just after midnight at 3942 San Bruno Ave. and claimed the lives ot two small children.

A passing neighbor who spotted the inferno stopped her car and ran over end catch e 7-month-old baby dropped to her from an upstairs window. The two-alarm fire was brought under control in an hour.

Bananas to be Used in Giving Vaccines

In the not-so-distant future, kids mey love the banana lor more than its nutrition or sweetness. Researchers are working to develop a banana that is an *edible vaccine* to fend off hepatitis, one ot the world's most widespread and devastating diseases.

What's the banana's appeal? "It's one ot the intant's first foods and can be eaten raw (ccoking renders the vaccine ineffective), and it's widely available in the developing world," noted Charles J. Arntzen, Ph.D., ot Texas A&M's Institute ot Biosciences and Technology, who has been working on oral vaccine research tor years. He emphasizes that an oral vaccine could save the lives of millions of children, especially in developing countries. For example, an estimated 300 million people carry the hepatitis virus, and about one-third will die from its effects this year.

Because most vaccines are made ol proteins that are destroyed in th human gut, they must be delivered directly into the bloodstream through injection. But traditional vaccinations require needles, sterilization equipment and refrigeration, which are prohibitively expensive in many countries it evailable at all. Arntzen estimetes the altered banana could deliver the vaccine at two cents a dose versus $125.

To go from tood to medicine, plants are injected with minute quantities of the virus's protein coat, which contains DNA. The protein fragments attach to the plant cells' chromosomes and enter the plants' genetic code. The plants then reproduce the viral proteins, which act as antigens and provoke an immune response in the body when the plant is eaten. The first success came in 1992 when mice developed anfibodies against hepatitis B atter being injected with proteins developed in tobacco plants.

The prescription trult idea recently got a shot in the arm when Arntzen reported in the May 6 issue ot *Science* that mice had developed antibodies against an intectious bacterium after being ted genetically altered, raw potato tubers. And in the May 1995 issue of *Bio/Technology*, he announced the first successful introduciton of foreign proteins into a banana.

But before the world's kids cen face veccinetion without wincing, researchers must find a way to get enough proteins into the body to produce the disease- fighting immune response. Although some types of proteins degrade in the human digestive tract, others are *encapsulated* within the plant cells, which makes it easier for them to survive the trip through the stomach and into the small intestine, where they can be absorbed into the bloodstream.

"The trick is getting the cells ol the plant to do something they aren't used to doing - producing the viral proteins - and to produce enough of the protein to provoke an immune response," said Arntzen. He estimates it will be five to 10 years before the banana vaccine can be tested in humans.

International Food Information Council

Crossword Solution

From Page 10

WAND • • CLAP
OWL • CP • AME
RA • PLUM • AS
TYPE • RA • RT
H • END • SHE •
• ETC • USA • C
LA • IE • ETCH
OR • LADY • HE
ALL • TO • YES
DYED • • FORT

TIME TO CLEAN UP...

GET READY FOR A NEW SEASON!

BACK TO SCHOOL
SPRUCE UP FOR THE HOLIDAYS
MAKE ROOM FOR NEW FALL FASHIONS
FREE UP MORE STORAGE SPACE
MAKE A CLEAN SWEEP

JOIN THE VALLEY-WIDE GARAGE SALE
SATURDAY & SUNDAY
SEPTEMBER 16 & 17, 1995
10:00 AM - 5:00 PM

HERE'S HOW...

Clearly Print Your Name, Address, Phone below:

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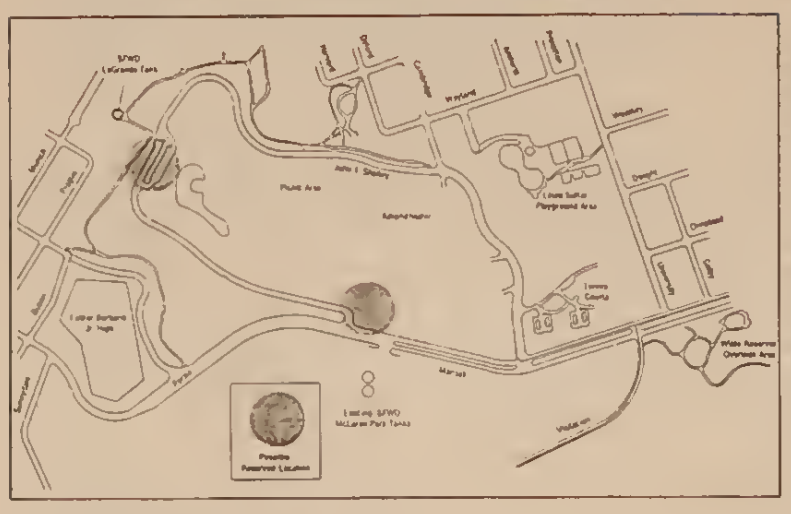
_____

_____

Send with $15.00 check or money order to
VVCC. 50 Raymond Ave., San Francisco, CA 94134
Deadline to enter is August 20, 1995.

If you don't have enough for your own sale, or if you don't wish to bother, you can help VVCC by donating your sale items for the VVCC garage sale. Call 467-6400 to arrange for pick-ups!

Cost $15.00
What you get:
Special Garage Sale Kit
Signs
Printed Balloons
Crepe Paper, etc.
Your location on Valley Days Map
Printed in GRAPEVINE
Classified Ads in
Independent
Chronicle/Examiner
Prize for Best Sale Display



Questions and Answers
San Francisco's Proposed New Section Of the Auxilary Water Supply System

About the proposed reservoir and pipeline system:

Q: Why is only one pipeline being constructed for the southeast community while several new pipelines are proposed for other parts of the city?

A: It is the best geographical solution for getting recycled water from the treatment plant over the hill to the southeast portion of the City. This pipeline lays the foundation for expansion of the Fire Department's Auxilary Water Supply System sometime in the future. The Fire Department intends to expand the system so that there is a service grid throughout the City.

Q: Why can't recycled water be generated from the Southeast Treatment Plant which is closer to the McLaren Park communities?

A: The Southeast Treatment Plant is located on the Bay and consequently experiences high levels of saltwater intrusion. The high salt - or saline - content in the water would negatively impact vegetation if used to irrigate parks or playing fields. It would also corrode the system pipelines. Removing the high levels of salt would require advanced treatment and would double the cost of the water. Several programs and studies are underway to solve the saltwater intrusion problem.

Q: What is the worst case disaster that could occur at these facilities? What measures are being taken to prevent system failure and ensure public safety?

A: The structure will be designed to withstand an earthquake of 8.3 on the Richter Scale (the magnitude of the 1906 earthquake). The recycled water pipelines are also designed to survive earthquakes. In fact, as a duel-use recycled water/fire protection system, the Auxilary Water Supply System is designed to provide emergency water to fight fires following an earthquake.

Q: Are there advantages to putting the reservoir structure above ground?

A: Based on comments received from communities where other waste facilities were sited above ground, the City's goal for this project is to build all facilities underground and out of sight, and to restore the site to its original state or better. Although above ground facilities are less expensive, reservoirs constructed below ground are more resistant to earthquakes and allow other uses (parks, schools) to continue above ground.

Q: Are there additional requirements for support facilities or above ground facilities?

A: The reservoirs will have several access hatches to aid to periodic maintenance of the reservoirs. The access hatches may be buried or located in vaults (less than 10 feet square).

Q: Will the community have a say in the design and restoration of the site?

A: Yes. Before the design phase of the project begins, the City will ask the community to appoint representatives to serve on a Joint Use Task Force to work with the City to help design the site to meet the needs of the community. The City has hired a consultant to begin developing preliminary designs to be considered by the City and the Joint Use Task Force during the design phase.

Q: Have the titles of the reservoir sites been checked to make sure that there are no special restrictions or conditions for land donation?

A: A thorough title search is currently being conducted of all proposed sites owned by the city: McLaren Park, Golden Gate Heights Park, Abraham Lincoln School and Fleishhaker Pool. To date, nothing has been found that would restrict the City from joint use of these sites - both in their current recreation use, as well as for water recycling treatment and storage. However, voter approval for joint use of these sites will be required as part of the ballot measure in November 1996.

About potential impacts to the community:

Q: Will construction of the proposed reservoirs have permanent impacts on the environment, e.g., native grasses, creeks, etc? If so, how will these be addressed?

A: Studies are nearing completion that identify all potential environmental impacts. The goal of this project is to avoid displacing any natural resource, if possible, and where one is impacted, replacing it or restoring it to its historically natural character. For example, if a creek is identified in the vicinity of the proposed reservoir tank, the tank will be located to avoid the creek. Also, springs may be maintained through the gravel foundation of the reservoir. Likewise, if native grasses are impacted, they will be replaced. Where appropriate, efforts will be made to improve the original site. These mitigation measures will be determined in cooperation with the local community.

Q: How will McLaren Park community's fire service be improved?

A: The proposed pipeline and reservoir will provide high pressure water service which will help prevent the spreading of major fires. This is especially important in the McLaren Park area where more grasslands exist and hotter winds occur than in most parts of the City.

Q: What are the impacts that can be expected as a result of construction of a reservoir in the park?

A: Noise, dust, truck traffic, visual impacts, road closures, parking and access impacts, and traffic detours are some of the potential impacts. The project team will ask members of the surrounding community to serve on a Joint Use Task Force to help the project team determine how best to minimize, time and address these types of construction impacts.

Q: Will this project provide jobs for the local community?

A: Regarding construction jobs, the City of San Francisco has goals for minority -owned and woman -owned businesses on all contracts. For example, if the contractor needs additional workers to do the job, they are required to hire at least 50 percent from the local community. Specific hiring requirements are negotiated by the City's contract compliance officer on a project basis. In this case, the City has agreed to explore means for increasing community participation in project construction jobs. For more information regarding City requirements, contact Nat Mason, human rights representative at (415) 252-2517.

About recycled water:

Q: What is recycled water?

A: Recycled water (also called reclaimed water) is highly treated wastewater that meets state and city public health standards so that it can be reused for beneficial purposes.

Q: What can recycled water be used for?

A: Recycled water can be used for irrigating parks, school playgrounds and sports fields, golf courses, toilet flushing, industrial cooling and firefighting.

Q: What can't recycled water be used for?

A: Recycled water cannot be used in place of (potable (drinking) water. In other words, you can't drink it or cook with it. However, it is treated to a level that if it is accidently swallowed, it would not be harmful.

Q: What are public health requirements?

A: The State Department of Public Health regulates the uses and levels of treatment through Administrative Code Title 22. The City's Public Health Department enforces these requirements.

Q: How is recycled water treated compared to drinking water?

Water is treated at three levels: *Primary* treatment which is the process where large solids and grit are settled out through screening and sedimentation; *Secondary* treatment which removes residual organic matter and 85 percent of the suspended solids through biological processes; and *Tertiary* treatment which includes chemical addition, filtering and disinfection processes. Recycled water receives all three treatment levels.

Q: How are the different water supplies kept seperate within the system?

A: There are seperate pipes for drinking water and recycled water. All pipes distributing recycled water will be heavy duty to prevent leakages and painted or labeled in purple with the words "Recycled Water. Do Not Drink." All industrial or commercial facilities using recycled water will also be labeled in the same way. Following the Public Health Department's guidelines, the City is taking all measures to make recycled water facilities distinguishable from all other water supplies to prevent cross connections or co-mingling of water supplies.

Q: Can residents have access to recycled water for landscape irrigation and toilet flushing?

A: Not at this time. The Public Health Department has instructed the City that recycled water should only be used in non- residential facilities where it can be controlled and closely monitored.

Q: If recycled water is used on parks and sports fields, are there any health risks to adults or children who are in contact with these areas?

A: No. Recycled water is treated to a level that allows for safe contact, but not drinking.

Q: Does using recycled water mean we don't need to ration water during a drought?

A: The ultimate goal of this program is to "drought proof" the City. The proposed water recycling program seeks to reduce the affects of drought.

About groundwater:

Q: Do we use groundwater for drinking?

A: Not at this time. However, the Presidio does. The City also used groundwater for drinking prior to construction of the Hetch Hetchy system that currently provides 85 percent of the City's drinking water.

Q: Where is groundwater stored?

A: Groundwater is stored in the ground and in seven subbasins throughout the City. The proposed Groundwater Master Plan is exploring uses for groundwater.

Q: How much saltwater intrusion is there in the groundwater and what are the effects?

A: The City's current basin monitoring program has uncovered no known saltwater intrusion in any of the subbasins.

About the proposed plan:

Q: What is a master plan and the environmental review process?

A: A master plan is a long-range plan for the production, delivery and use of non-poteble water in San Francisco. It will also define how the utilities and public works projects can improve or expand existing facilities to meet future needs. The plan defines which options best meet the public's needs, provides a schedule and costs for the facilities. The environmental review process will evaluate the environmental effects of the proposed facilities and their use.

Q: Why are the Water Recycling and Groundwater Master Plans undergoing envronmental review as one project?

A: The projects are interrelated and must be coordinated. For example, where recycled is used, groundwater pumping that is detrimental to Lake Merced can be reduced.

Q: Besides the S.F. Board of Supervisors, what other regulations encourage water recycling?

A: There are several federal and state laws that establish policy and encourage water recycling, including the 1972 Federal Water Pollution Control Act (Clean Water Act), the California Water Code's Porter- Cologne Water Quality Control Act, Water Recycling Act of 1991 and Urban Water Management Act, among others.

Q: Will the cost of the system be reflected on the water bill?

A: Yes. The initial cost will be raised through a revenue bond that will be voted on in November 1996. It is intended that the bond will be repayed by revenues generated by sewer and water bill charges. Users would also pay a usage fee. The average cost per household of four is $2 per month. Because the fee is based on use, an individual may be charged an average of 50 cents per month.

Lead Poisoning

From Page 1

would be no way to teach those who need the most help with lead poisoning prevention.

The work of the project has been enthusiastically embraced by local groups. Neil Palme of St. Peter's Housing Committee said, "The Lead Poisoning Prevention Project is an asset to the city as a whole, but especially for low-income neighborhoods such as the Mission district, which are the most afflicted with problems such as lead poisoning."

Gendel pointed out, "Children in our disadvantaged communities are at greater risk for numerous reasons, including more older housing in deteriorating condition, more abandoned factory sites where lead was used and children now play, and more major streets and freeways close to their homes."

Midge Wilson of the Bay Area Women's Resource Center commented, "We believe they are doing incredibly important work for our children and families."

COMMUNITY GROUP FUNDING

In 1994, the lead project was instrumental in helping the Mayor's Office of Housing acquire a $6 million grant from the U.S. Department of Housing and Urban Development (HUD) for a two-year lead hazard reduction program in low and moderate income housing.

The lead project designed the community education portion of the application, which emphasizes funding communities to educate themselves about lead poisning and how to have healthy children. In addition to grants going to community- based organizations, the lead project recently learned that it also will receive a grant from the Mayor's Office of Housing to support and coordinate the efforts of community- based agencies to educate low and moderate- income parents about lead poisoning prevention.

Behind the project's work is a belief that education efforts must "help communities to help themselves," said Gendel. If the funding for and interest in preventing lead poisoning eventually dries up, he said he hopes that community groups will have been given the tools they need to continue educating parents about children's health in their own neighborhoods.

SAVING CHILD CARE SLOTS

In 1993, the lead project, with the help of Mayor Frank Jordan's Advisory Committee on Child Care, convinced the city that children who attended day care centers - many housed in older buildings were being exposed to lead. The city allocated $500,000 through the Mayor's Office of Community Development to create a program to reduce lead hazards in all city- subsidized child care facilities.

The need to clean up hazards in child care centers is great, said Gendel, because once parents begin to realize the dangers of lead poisoning through the various education programs, they will be concerned about their children;s time away from home as well. "We are anticipating a need and helping to avoid disruption of child care programs later on down the road," said Gendel.

LOCAL GOVERNMENT AGENCIES

Gendel also believes that there are many resources available in local government agencies to help prevent lead poisoning. He was instrumental in convincing the S.F. Department of Public Health to dedicate a unit to help with childhood lead poisoning prevention. An important part of that work is making health care providers aware of the need to test all children, said Gendel.

The lead project is also working with the S.F. Department of Social Services and Recreation and Parks, as well as the Public Library, Public Housing Authority and the school district to educate staff and parents, and to make sure the facilities are safe from lead hazards to children.

EDUCATION MATERIALS

"Educational materials created by national agencies are too complicated and don't provide useful information about local resources," said Gendel.

The lead project's materials are produced in as many as seven languages in order to reach the diverse ethnic and racial communities of San Francisco and the state.

The project has distributed more than 150,000 of its fact sheets, 220 of its in-depth *Guide to Prevent Lead Poisoning*, and several hundred posters and videos. One fact sheet, *Reducing Lead in Your Home*, is in great demand throughout California and other parts of the country. The project has adapted the fact sheet for use in 10 California counties and several cities in other parts of the country, and provided camera- ready artwork for reproduction to local groups and government agencies.

In Los Angeles alone, 900,000 copies of the fact sheet will be distributed in six languages by the County Health Department. The project also recently granted permission to the state of California to distribute the fact sheet statewide.

LEGISLATIVE EFFORTS

The lead project prompted the passage of a 1992 San Francisco law with a multi-pronged approach to reduce lead hazards in private housinf in San Francisco. The law created a citizens' committee made up of property owners, tenants, affordable housing developers and child care providers. The committee (of which Gendel is chair) and its subcommittees have met almost weekly for the last year in order to draft guidelines for reducing lead hazards in housing and finding ways to encourage landlords to clean up their property.

Another citizens committee was also formed as a result of the law to advise the S.F. Department of Public Health on the education of parents, testing children for lead poisoning and the proper care management of poisoned children. Gendel was the first chair of that committee, which was instrumental in carrying through with a requirement of the law: the mailing of 180,000 lead hazard notices to all property owners with their tax bills in October 1994.

Gendel said much work is needed to implement the requirements of the law, which includes educational efforts to reach doctors and parents, the testing of all young children, clean-up of city facilities used by children, disseminating information about lead poisoning during the building permit process, and cleaning up abandoned factory and old dump sites in poor areas of the city.

For more information about the Lead Poisoning Project, or to order educational materials, call Consumer Action at (415) 777-9635 between 10 a.m. and 3 p.m. weekdays or write to: 116 New Montgomery St., Suite 233, San Francisco, CA 94105.

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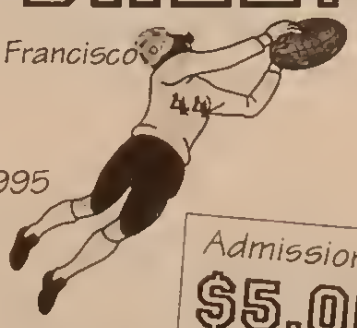

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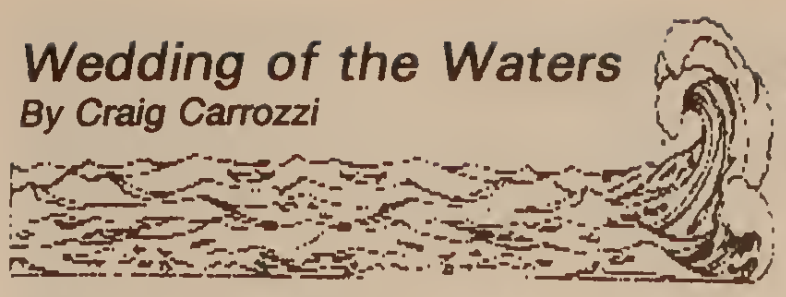
Wedding of the Waters

By Craig Carrozzi



Having again encountered fellow traveler Bill - momentarily apart from obnoxious colleague Bobby - on e street in Leticia, Colombia, both adventurer Craig and he ere about to be approached by e third person.

BENJAMIN CONSTANT (PART 2)

A short wiry man stepped from the shadow of e doorwey and addressed Bill in e garbled Spanglish that I couldn't undersand. Bill looked at me, e puzzled expression on his face.

"I speak Spanish pretty well," I told the man. "You can speak to me normally if you want."

The man eyed me suspiciously. "Who are you?"

"I'm his friend," I said, nodding toward Bill. "What do you want to tell him?"

The man peered from side to side. Then he grinned and said out of the corner of his mouth, "A pleasure to meet you. Are you American, also?"

"Yes."

"Well, I'm the guide tor the jungle tour. I want to tell this man here that we can probably leave within three days."

I translated. Bill smiled happily end said he will tell Bobby.

"Good, meester," said the men. "Tell your friend talk me soon." Then he turned to me. "If you want to go on the trip, also - we could do it for $200 dollers."

"$200 dollars? Forget it. I can't pay that much."

"Well, for special customers we can do it for $100." He winked. "I don't heve to say anything to these others. What do you say?"

This guy is e weasel, I thought. I bel he'd let me come along tor $50. But I don't trust him.

"No, thank you," I said. "I already have other plans."

"What are you guys talking about?" asked Bill.

"Nothing. He just wanted to know if I wanted to go on the trip."

"Oh. Well, let's go. Bobby's waiting." Bill turned to the guide. "We go now. I give your message to my friend."

"Yes, meester. O.K."

We left the guide and headed for the hotel. I wondered if I should tell Bill what I thought of their guide. Nah, what's the use, I thought. Bobby is the one I would heve to convince.

We reached the hotel without further incident and found Bobby in the coffee shop saving e table for ue.

"Hey, guy," said Bobby, rising to pump my hand. I took a seat ecross from Bobby. He was still wearing the safari outfit but had exchanged the pitch helmet for a black cowboy hat.

"I'm beginning to like this place pretty well. It's not Anaheim ... but it does have certain attractions. Now I'm ready to see some of them injuns in their mud huts."

I almost laughed in his face, thinking of his "native guide." He'll see some injune all right, I thought. And they love to see tools like this. He'll find out ...

Bill came to the table and took e seat next to me. "We saw the guide," he said to Bobby. "He says everything should be ready in a few deys. You have to go see him and make the final arrangements."

"That's great!" said Bobby. "I can't wait."

"Why don't you change your mind end come with us?" Bill asked me.

I looked at his earnest face. I like this guy, I thought. But Bobby ...

"You guys elready know why I don't want to go," I said. "But to tell you the truth, I have another reservetion."

"What's that?" asked Bobby.

"I don't think tco well of your native guide."

"Why?" asked Bobby. "He comes highly recommended by the owner of this hotel. I think he's e nice guy ... And besides, he says he can show us some real nice spots ... Where we can camp overnight with natives. And they'll sell us artifacts and ell that."

"That's all probably true," I answered. "I just have e gut feeling that the guy isn't gonna give you what you're paying for ... He reminds me of a barker in front of e strip joint - promise you the world, but give you watered down drinks ... But, hey, it's just e feeling. I've been wrong more than my share of times."

"You probably ere this time, too," said Bobby quickly.

I smiled. "Well, you're the ones that are going to find out."

"Yeah, that's true," said Bobby, his voice less sure. "But why don't you come elong with ue and find out?"

I don't get it, I thought. Why do they want me to come along so badly? They don't even know me ... I guess Bobby isn't as sure of himself as he tries to sound.

For the next half hour, the two of them took turns trying to wear down my resolve. I drank one cup ot coffee, then another. Bobby droned on and on. I yawned from boredom. Though it was still early, I itched to get away. Enough of this, I thought.

"Listen," I blurted cutting Bobby off. "It I can't find any transportation to Maneus within two days, I'll come back and consider the jungle tour seriously."

"Yes, think about it," said Bill. "It would be nice to have you along."

"I will."

"What did you do lest night?" asked Bobby.

"Oh, not much. I had dinner and went to bed early. I was kind of tired from the plane ride end from running around Leticle."

"Not much happening, eh?" snickered Bobby.

"Nothing thet would interest you," I said evenly.

"By the way," said Bobby, "what did you say the name ot your hotel was?"

"I don't remember telling you ... But it's called Pension La Villa."

"La Ville, La Villa," he muttered. "Yeah, that's the piece." His face grew pensive. Bobby leaned closer to me and almost in e whisper said, "You know, the owner of this hotel told me that the place where you stey at is run by thieves. You better move out of there; e lot of low lifes hang out there."

I leughed long end herd. That's a good one, I thought. Coming trom Bobby.

"What are you laughing at?" Bobby demanded, red faced.

"Meybe I'm where I belong."

"What?"

"Look, man, what's the nationality of the hotel owner here?"

"I think he's Brazilian," said Bill.

"That figures," I said.

"Why?" asked Bobby.

"Because the Brazilians and the Colombians have e rivalry going here. They all talk bad about each other ... When they're not talking bad about Americans."

"The owner here has been great to ue," said Bobby.

"I bet," t said. "Anywey, how much ere you guys paying tor your room?"

"$250 *pesos* per man," said Bill.

"And there's four persons in the room?" I grimaced.

"Right," said Bobby. "But it is a very nice room."

I glanced around at the interior ot the coffee shop. "Maybe you guys are getting e better deal. My hotel doesn't heve any of this fancy imitation wall paneling. Or e nice coffee shop like this ..." With higher prices and worse coffee than the dump I ate at this morning, I thought.

"Is the decor of your room like this place here?" I asked.

"Sure! It's paneled and everything," said Bobby.

"Well, I pay $130 *pesos* for my own room. But it is pretty funky ... I guess one has to pay for class."

"Demn right!" said Bobby. "We learned all about that in the restaurant business in Anaheim."

I looked up et the wall clock. Time to start marching, I thought. I stood up.

"All right, you guys," I said. "I got to get moving. It things don't work out for me todey in Benjamin Constant, I might be seeing you egain ... Good luck."

"All right, guy," said Bobby. "But don't wait too long or we'll be gone. It's gonna be e bitchin' trip!"

I hope you're gone, I thought.

Bill accompanied me outside and firmly clasped my hand. "Good luck," he said. "If I don't see you again, it was nice knowing you."

"Thanks, man. The same to you. t won't say be *careful who you deal with here* - you already know that ... Bye."

While walking away from the hotel, t turned for e last look and saw Bill with the monkey in his arms. The monkey gibbered loudly and bit et the leash that was still fastened to the post. Bill, in an effort to calm him, stroked his head and crooned words ot comfort. Even efter they faded into the thick mist rising from the ground, this image remained vivid in mu mind and followed me to the *pension*.

t almost collided with Sandra as she came rushing from the *pension* with her eyes to the ground. We stopped dead in our tracks and looked at each other. Sandra scrutinized my face, her own was expressionless. Silently, we made peace. She smiled and I grinned to reassure her.

"No hard feelings?" I esked her.

"No, man, what tor? ... You're bound and determined to go, huh?"

I nodded.

"I'm sorry that you're going," she said. "I mean thet! But, I know thet's what you want to do ... Sooo ... I got to go now and hustle up some tood. But I just want you to know that if for some reason the trip doesn't come off ... come back and see me. I should still be around."

"Can I lend you e few *pesos*?"

"No. I can tske csre of myself.

"I know that."

Sandra stepped torward and kissed me lightly on the lips. I took both her hands in mine and squeezed hard.

"I hope you find whatever it is you're looking for," I said. "Meybe ..."

"Don't go gettin' heavy on me. I don't need e social worker."

"Sorry. You're right ... I guess sometimes the best way to say goodbye is by not saying anything."

"Could be."

I gazed into her expressive green eyes. "You know, I kind of enjoyed erguing with you. You're e bright person. I respect your opinions. Maybe we can do it again sometime."

Sandra rolled her eyes. Then e wistful smile came to her lips. She knows what I'm trying to say, I thought.

I released her hands. "Bye," she said. "Take care of yourselt."

"You tco."

She trugged eway without a backward glance. For a moment, I watched her receding sandaled feet and felt e vague sadness. The mist enveloped her. I turned and went to Alvaro's office.

"Hi," he said, greeting me with a cheery smile. "Have you changed your mind about staying for a while longer?"

"No. I would like to pay the bill now."

"All right. Let's settle it."

I paid him the exact amount. He accepted the money wordlessly. He put his head down and shuffled the papers on his desk. I picked up my bag and eased toward the door.

"Goodbye, Alvaro. Thenks for everything."

"What?" Alvaro was up and next to me in e moment. "Why are you gringos elways in such e hurry?" he asked, taking me by the elbow and leading me to a chair. "Relax e bit. The launch won't be leaving for e while yet."

I plopped onto the chair. "Meybe I'm efrald that it I wait around, I might decide not to leave."

"Why don't you stey, then? You heve friends here."

"Because I can't."

Alvaro nodded, an understanding look on his face. "I know, I know ... You have something gnawing at your insides. But anyway, can you do me e tevor?"

"What?"

"I would like you to deliver a letter for me to e friend in Manaus."

"A Colombian friend?" I asked, teeling flattered by his confidence.

"Yes, e Colombian. Will you do me the tavor?"

"Sure!" I smiled. "Do you trust me so much or is the postal service so bad?"

Alvaro chuckled. "A little bit ot both ... But there is one minor problem ..."

"What?"

"I haven't written the letter yet," Alvaro cackled.

"All right, that's normal. Certain?"

Alvaro winked, sat down at his desk, and with an intent look on his face, began to write. "Don't worry," he said without looking up. "I'll be done quick."

Despite his assurance, I fidgeted in my seat. Though I had plenty of time betore the launch's scheduled departure, I was anxious to get away from the *pension*. I knew that the longer I stayed, the harder it would be tor me to leave. I was torn between my tantasy of Brazil and the reality of the moment - the reality of having met some good people who genuinely wanted me to stey, end whose company I found egreeable. Leticle, I thought, could be one hell of an adventure! But I heve to go ...

I watched Alvaro write tor a few minutes before retiring to the cool dark corridor, the better to brood.

I wes alone only moments. The tentilizer from Iquitos spotted me and came over to chat.

"Did you get all your business taken care of?" she asked, tapping on my hend with her fingers.

"Yes, I'm all set. Ready to go."

"When are you going?"

"Today."

"So soon? ... That doesn't please me."

"Me either. But I only have so much time to do so many things. I have to choose what's most important to me."

"Yes, this is true. But ... you know, on one of my other trips to Leticle I met a man ... American, like you. A real gentleman. Well, we had a wonderful week together. I must have pleased him well because he was very good to me. He was so generous. We ate in the finest restaurants; he bought me beautiful clothes and other presents; he geve me money tor my little son ... Yes, it was a beeutiful week." A faraway look came into her eyes and she sighed. "He was a true gentleman, that one. A man who knew how to make a woman feel appreciated. A fine person ... I think maybe you could be like him. No?"

"I doubt it."

Iquitos laughed good-naturedly. "I like you. You are very frank."

"Some people say rude."

"No, I don't believe that ..." She rambled tnto a long monologue about her life in Peru. Her musical voice tickled my ears; it soothed me and made me feel drowsy. I detected nothing false in her manner. I felt comfortable with her. She reminds me of a curious child, I thought. But not a neive one ... It's like life is one continuous adventure to her, with limited expectations, but exuberant gusto for the stolen moments of pleasure ...

See Next Page

How To Recycle Plastic

1 and 2 Plastic Bottles are the **ONLY** plastics recyclable in San Francisco's Curbside & Apartment Recycling Program.

REMEMBER:

- Look for 1 or 2 recycling symbol on bottom
- Must be a bottle (neck smaller than base)
- No automotive products or pesticides

IMPORTANT!

- Remove Caps
- Rinse
- Please Flatten!

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Recycling Program Hotline: 554-6193

San Francisco RECYCLING PROGRAM

A Program of the City and County of San Francisco

Wedding of the Waters

From Previous Page

Her laughter tinkled in my ears. "I like you," she said. "Do you like me?"

"Yes, I like you."

She lay her hand on my arm. "We could make an arrangement ...

Again I heard the tinkling laugh. I looked up at a gleaming smile. I gazed into her dancing, dark eyes and saw a hint of pain. A yearning to drift off with her and learn to share her joy for some of the simple things in living came over me. She's another good reason to stay in Leticia, I thought. It would be so nice - to bask in sweet inertia. Why not? ... Then that other desire, the more potent one, surged up and flooded my mind and washed away the driftwood of my scattered and impulsve longings. I must go now, I thought.

"You tempt me almost too much," I said to her. "But it's impossible. I have to go."

"Why? Don't I please you?"

"Yes, but ... Ah, forget it. It's impossible right now."

Iquitos changed the subject; I fell silent. By and by, Alvaro emerged from his office and handed me a sealed envelope. I rose to receive it and we shook hands. Then, impulsively, he gave me a big *abrazo* and said, "Take much care on your voyage." He looked me squarely in the eyes. "I wish you were staying here a while longer ... But remember, if you ever pass through here again ... you have a home here. Do not forget - *la barriga colombiana*." Alvaro laughed. "One more thing ... Be sure to keep my letter in a dry place. I don't want the piranhas to get it."

"Goodbye," I said, bending down and kissing Iquitos.

"You are going now?" she asked, a startled look on her face.

"Yes." Funny, I thought, I told her a few minutes ago I was going. I reached into my bag and pulled out the two small sweaters I had bought from the old woman at the cafe the day before. I thrust them into Alvaro's arms. "Listen *mano*, keep these for me until I pass by here again. But if I'm not back within a month, I probably won't be back at all ... And they are yours."

"Thank you," he said. "But you will return one day."

"Who knows? ... I don't. I hope you are right."

We shook hands again. "That you go well," he said. Iquitos gave me a wistful smile. I turned and trudged to my rendezvous with the launch.

I reached the dock without mishap. Then, from the top of the incline, I spied the launch puttering backwards. Panic surged through my body. This is absurd, I thought. I've never seen anything leave early here. I raced down the incline to the water's edge. Frantically, I waved and shouted for the boat to return. It moved stolidly away from the shore; the farther it moved, the more my shoulders slumped. I shouted a few choice words at the boat. A passing stevedore watched my manic exhibition with a disapproving expression.

"The boat isn't leaving," he said. "It's just going to take on more cargo. It will return to the berth shortly."

"Oh." My face flamed with mortification. I started to thank the stevedore, but he turned away from me, a disdainful smirk on his face, and headed up the incline.

What a bastard! I thought. Hasn't he ever made an honest mistake before? For a moment, I glared at his receding back. Then, for the first time, I became aware of a large group of waiting passengers. Most of them had shied away from close proximity with me and were regarding me with that half-pitying, half-amused expression usually reserved for nuts. Some of them were even pointing me out to friends who hadn't seen my performance. I turned my face to stone. The phrase *gringo loco* came clearly to my ears. Feeling quite subdued, I set my bag on the ground, sat on it, and slouched down as low as possible, wishing the earth would swallow me.

After what seemed an interminable wait in the hot sun, the launch taxied back to the boarding area. A steel ramp was shoved into place and the passengers jockied for position in line.

I stepped back from the crowd and examined the ship. It was a barge-like, ungainly vessel, double-decked and loaded with cargo. What a tub, I thought. But it looks serviceable enough.

I slipped into line and was one of the first passengers to board. I sat on a wooden bench in the open air, on the bow of the lower level. I watched the passengers stream aboard, pushing and shoving as they vied for good spots on the crowded deck. The majority of them appeared to be country folk; they wore straw hats and light, durable clothing that could stand up to hard, physical labor. I imagined they came to Leticia to buy commodities that were unavailable in the outback. Men, women and children walked bent under heavy loads. They carried large woven baskets filled to the brim with produce, both fresh and dried; they lugged sacks, bales, boxes, suitcases, wire cages, hammocks; they dragged wooden carts with metal rollers and protesting farm animals with ropes. Chickens, pigs, monkeys, parrots, linen, machines, seeds, and every imaginable tool and trinket in existence seemed to parade past me. By the time the ship embarked, its decks resembled a floating marketplace.

The smells and sounds emanating from this collection were equally varied. I listened intently. Most of the people were speaking Portuguese. I concentrated on the unaccustomed sounds, trying to understand. I felt a sinking feeling in the pit of my stomach. I can't understand a damn thing, I thought. Whatever it is they're speaking is nothing like the well-enunciated language I know from the Brazilian radio broadcasts. This is how the country folk speak ... So what the hell, I'm here in part to gain a practical knowledge of the Brazilian language. Might as well get to it.

I pulled out my pocket edition of Portuguese self-taught and reviewed such key phrases as: Where is the bathroom? What is there to eat? Where can I stay? I love you.

A dark, rather prosperous looking man sitting next to me on the bench became intrigued by my mumbled words. He smiled encouragingly and kept trying to catch my eye. At first I thought he might be trying to hit on me and I ignored him. Then I realized he was merely curious. I set the book down. Might as well get some real practice, I thought.

"How are you, sir?" I asked him, smiling.

"What?"

"How are you?"

"Ah, fine, fine. Quite fine. And you?"

"All right."

"What are you doing?" he asked, pointing at my book.

"I am learning Portuguese."

"You want to learn Portuguese? That is fantastic!" The man became enraptured and went into a long spiel of which I understood maybe 40 percent. His recurring themes were: "We Brazilians are warm, friendly and free people. Portuguese is one of the world's most beautiful tongues. *Brasil e uma maravilha* (Brazil is marvelous)."

I was happy to agree with him. I expected everything to be marvelous.

"Why are you here?" he finally asked me.

"I am going to Manaus. I want to see the Amazon."

"That's good. I am from Manaus."

"Oh. Why are you here?"

"I came to see my woman and children."

"You live here?"

"No!" He chuckled. "I live in Manaus with my wife and children. I came to see my other woman and children. I used to live in Tabatinga."

"Oh." I glanced around the deck and listened to the strange murmurings. "I don't understand," I told him. "I can understand you a little bit ... almost fine. But I don't understand nothing these other people say."

"Well, I'm a dentist ... A dentist. Understand?"

I nodded.

"These people are peasants," he said. "They don't speak proper Portuguese. They speak *portulhom*. That is the dialect of the Amazonas.

"I understand ... Where are you going now?"

"To Menaus."

"Do you know a cheap way for me to get there?"

"Of course! No problem. You can fly on the same plane I am going to take. It would only cost $5000 *cruzeiros*."

I flinched. "That is too much money for me."

The dentist gave me a skeptical look. "Really?"

This guy's no practical help, I thought. Oh well ...

After his initial interest wore off, the dentist showed signs of impatience with my lack of functional Portuguese. When he spoke at a normal rate of speed or tried to express a complex idea, I was unable to understand him. We lapsed into silence.

I looked for some other diversion. We had left Leticia far behind. The launch churned a muddy brown swath through the waters of the Amazon. I groped around in my travel bag and took out my instamatic camera. I trained it on the river. No good. My view was partially blocked by the forest of passengers ranged along the railings. I zipped up my bag and rose from my seat. The dentist looked at me in surprise.

"I am going to sit there," I said, pointing to the near side. "To take pictures."

"All right," he said. "Go." His look was reproachful.

What a reaction, I thought. Maybe he's some kind of honcho or something.

I found a seat with a clear view of the river. A pretty young girl sat nearby. For the moment, I scanned the expanse of the river with eager eyes. So, I thought, this is the Amazon. The river teemed with small fishing craft; some of them, manned by burly straw- hatted men, were no more than fragile canoes. The fishermen stood proudly against the wind, cutting heroic figures. The sun bounced muffled rays off the scattered, dark clouds, burnishing the water in silver. As the gentle swells bore us along, I saw some giant fish burst from the water and into the air. They seemed to eye us coldly before dipping below the surface. Looking across the river, far off, almost mingling with the horizon, I saw a smattering of thatched huts that delineated the shore from the otherwise solid backdrop of vegetation. I focused my camera, thinking to snap a photo, but the spray flecking my face discouraged me. It's too far for a good shot anyway, I thought. This cheap camera don't make it for long range stuff. I put the camera in my bag.

From the corner of my eye I noticed the woman beside me stealing curious glances. She'd be more fun to practice Portuguese with than the dentist, I thought. I caught her glancing my way and gave her a smile. Quickly she averted her face and fixed her eyes on a magazine she held on her lap. A tinge of red spread across her cheeks.

She opened the magazine to a marked page and resumed work on a crossword puzzle. I tried to look at the crossword puzzle, but her ripe breasts, which peaked through the low cut of her blouse, distracted me. My eyes moved up the graceful curves of her neck to her face. How fresh and innocent she seems, I thought. She reminds me on an angelic young nun reciting psalms ... Words quavered on my lips, but I remained silent. Suddenly, I felt shy. I caught her glancing my way again. Again she averted her face. I wondered what she was thinking.

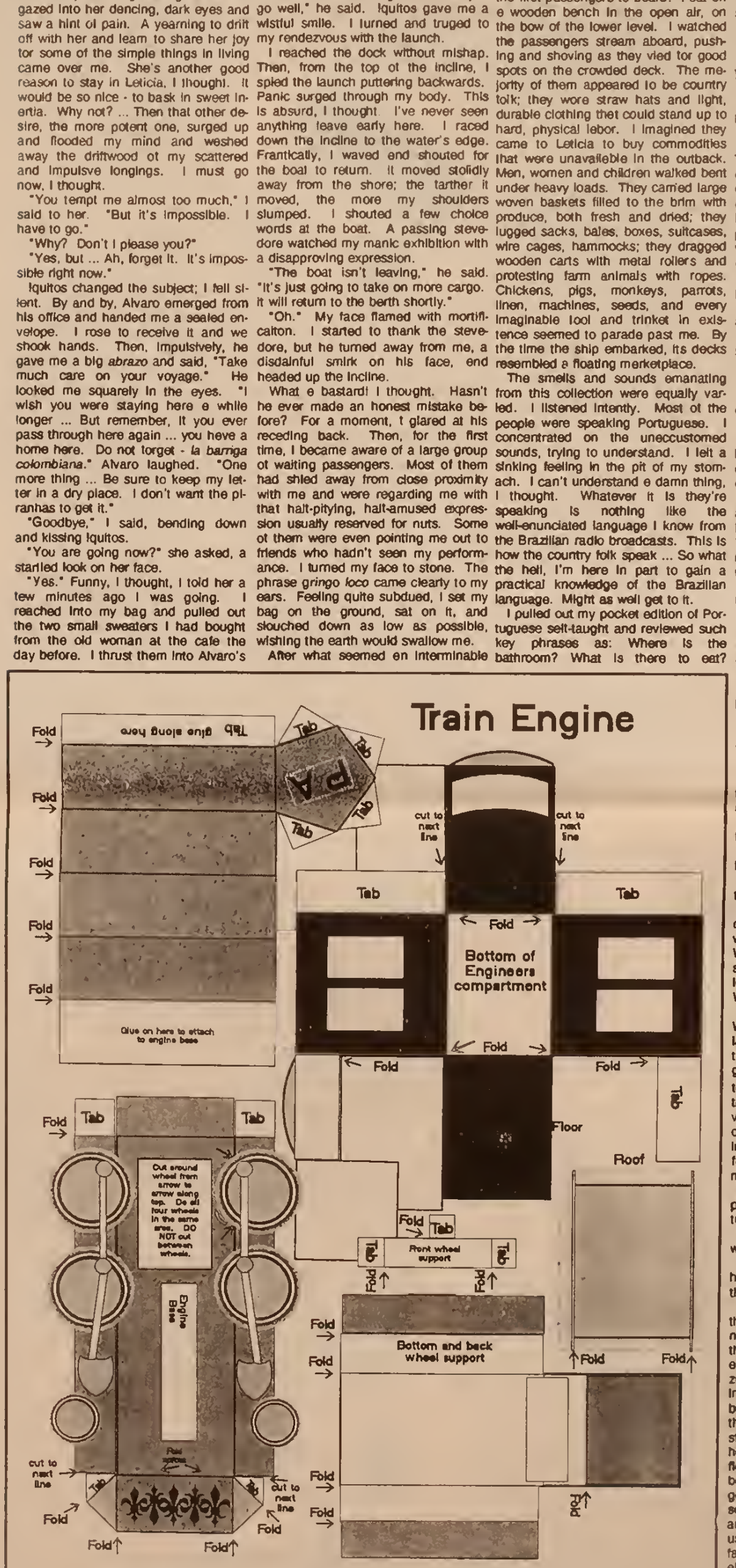
I twisted around and swept the river with my ears. Nothing new. I turned and surveyed the passengers. One man, sitting on the other side of the deck directly across from me, stood out from the rest. He was a tall man, over six feet, lean and wiry. His black, straight hair cascaded down to the middle of his back. His high cheekbones and coppery skin showed Indian heritage, but his green eyes and certain other features indicated Caucasian blood. He wore patched and faded jeans, and an embroidered cotton shirt of a style popular among Colombian street artists and hippies. I had noticed him earlier, expensive camera gear slung over his shoulder, pacing from one end of the deck to the other, and up and down the stairway between decks. At the time, I idly wondered why he didn't sit down and relax. Now, as I observed him, he fidgeted in his seat and cast long glances towards Leticia. For an instant, our eyes met and a look of mutual recognition passed between us - the recognition that we were strangers among strange people headed for an unfamiliar place. I almost got up to walk over and speak to him, to dispell the mystery of his unusual appearance and to reassure our shared doubts, but I remained rooted to my seat. The timidity that had first assailed me when I wanted to talk to the Brazilian girl was still with me.

I watched the girl work on the puzzle; by doing this I learned to spell a few words of Portuguese. From time to time, I looked out over the river. The calm water and the jungle shore passed monotonously. The passage dragged on. If not for the rocking of the ship and my hard seat, I might have dozed. Finally, almost two hours after departure from Leticia, an old woman carrying a burlap bag came around to collect the fares.

Minutes later, a town slid into view. Low slung, boxy brick houses thickly covered the inclined earth that rose above the busy dock area. I saw several large cargo ships and dozens of small craft at anchor. There should be one boat for me there, I thought.

As we drew closer to shore, my nervousness mounted. Well, this is it, I thought. I'm about to land in Brazil. Now what? ... After that little chat with the dentist, I know my Portuguese isn't good enough to communicate well with these people. And they don't even want to hear Spanish. I don't have any contacts here. I'm a rookie again. Just like I was when I first got to Colombia ... But what am I so nervous about? Things will work out.

Continued Next Month



FREE Arts & Crafts Program -
Visitacion Valley Community Center
50 RAYMOND AVE.
(UPSTAIRS)
EVERY SATURDAY - 11:00

WWF's Fatu Returns

In a nationally televised segment to promote one of its wrestlers, Titan Sports, Inc., parent company to the World Wrestling Federation, recently featured the Sunnydale housing complex in showing where the performer grew up.

Wearing a colorful jacket sporting the slogan "Make a difference - think positive," Fatu, a former member of the tag-team *Headshrinkers* and now slated for the circuit's singles competition, is seen touring his former stomping grounds on Blythdale Ave. while fondly recalling his mother's encouraging words: "Never forget who you are and never forget where you come from."

WHO TO CALL...

*Emergency (life threatening)	9-1-1
*Non-emergency Dispatch	553-0123
*Parking Complaints	553-1200
*Abandoned Cars	78t-JUNK
*Security Survey/ Neighborhood Watch	673-SAFE
*Narcotics Tips (anon)	800-CRACKIT
*Landlord/Tenant Disputes	554-9550
*Community Boards	863-6100
*Domestic Violence	864-4722
*Suicide Prevention	221-t423
*Stray, Abused Animals	554-6364
*Dumped Items (DPW)	695-2017
*Graffiti Cleanup (DPW)	241-WASH

Valley residents had plenty of questions about the City's proposed water plan.

Proposed Reservoir For McLaren Park

From Page 1

fighting, water for park irrigation and industriel uses.

When in operation, water that having been used by San Francisco homes and businesses would receive primary and secondary treatment at the Oceanside Water Pollution Control Plant. After initial treatment, water destined tor recycling would be piped to e new water recycling facility at the Fleishhecker Pool site to receive tertiary treatment through a direct filtration and UV disinfection process.

Recycled water would then be conveyed to three new storage reservoirs at Lincoln High School, Golden Gate Heights and McLaren Park. Weter would then be pumped to users through en expanded Auxiliary Weter Supply System.

See Page 6 for detailed questions and enswers.

Arthritis a Serious Women's Health Issue

Based on a recent report from the Centers for Disease Control end Prevention (CDC), the Arthritis Foundation (AF) warns thet arthritis is en unrecognized major women's health problem.

Women are et a greater risk of developing erthritis than men and make up nearly two-thirds of all Americans with the disease. The CDC estimates that nearly 23 million women age 15 end older have arthritie and other rheumatic diseases. An estimated 4.6 million women report arthritis limits the ectivities they can do. In addition, erthritis fs significantly more frequent in overweight women, and ectivity limitation is twice as much.

For women already effected by arthritis, AF advises regular exercise, use of heat or cold, end protecting joints from stress during daily activities es ways to reduce pain end keep active, in eddition to medications.

Book Review

Wanted - Dead or Alive, edited by Stephen Goldman; Hietorical Briefe, Inc., Verplanck, NY; (800) 732-4746; 200 pgs; $19.95

Comprised of actual newspaper reports and front pages selected from two extraordinary newspaper collections of 19th century journalism, the Wild West comes alive with scores of true life accounts of such desperados as Billy the Kid, the James Brothers, Black Bart, Belle Starr and John Wesley Hardin. Interesting reading of hangings, shootings and frontier justice are captured in these reproduced pages ot western journals trom an 1856 vigilante parade in San Francisco to a 1916 train robbery near Rock Springs, Wyoming, expertly essembled by *Newspaper Collector's Society of America* member Stephen Goldman fn a large 14 x 11 fnch format. Equally interesting are the many accompanying edvertisements for various goods and services of the time.

三藩市社區重建計劃

訪谷區

Peculiar Doings

So you thought you'd seen the last of the li'l man with the cigar, huh...

*Over in jolly ol' England, British police are considering use of teenage informants to spy on and gether information about other teens. Ahem ... over there, they seem to call it intelligence gathering, but over here we call it tettling.

*Meanwhile, it seems there are an extremely high number ot British citizens who don't even know who Winston Churchill was. Let's see, now ... Didn't they name a cigarette after him?

*Which brings us to the British Scouts, who are thinking of doing away with their oath to Prince Cheries, in part 'cause he cheated on Princess Diana. Blimey! I wonder what Paul Anka's up to these days?

*While we're on cheaters, a recent poll found more than half ot the wives in Russia are unfaithful to their husbands. I thought swinging went out with the 70s.

*So they finally put away that eccentric German extortionist who patterned his crimes after Donald Duck stories. Well, if you stoop to the mentality of a Beagle Boy, you'll soon be in the dog house.

*With the U.S. Post Office recently announcing it delivers 85 percent of the mail on time, you'll probably want to ask your local post office not to toss your outgoing mail into that *late arriving* 15 percent bin.

*Somebody recently stuck e hand grenade inside a newspaper bcx outside the Albuquerque Journal building that police had to explode. Either the grenade's original owner didn't like the news or was taking the term *information explosion* e fittle too seriously.

*Speaking ot bombs, there was that quick- thinking guy down south in Westminister who wanted to get rid of his cockroaches and "really do it good," so he set off 25 fnsect bombs all at once. In the massive *ka-boom* that followed, all the windows in his place blew out and his fumiture caught on fire. And the roaches, well, most still kept a- roachin'...

*And while we're on things that bug people, it seems most Americans would now welcome a third major pofitical party. Great! Three blind mice!

*Remember thet lady in Davis who was given a $50 ticket last year for disturbing the peace because she snored too foudly? She eventually ended up with a $13,500 settlement for dropping a lawsuit against the town. So, listen alf you buzzsaw mouths out there, move to Davis and strike it rich.

*I guess people in the animal world are still blabbing about the baboon triplets born several months ego at e laboratory in San Antonio, the first ever to be recorded. They were actuelly quadruplets, but the tourth one died shortly after birth. Groucho would have been pleased, nevertheless.

*In one of those ghastly polls we poor people can never seem to hear the last of, 80 percent of male motorfsts and 61 percent of female motorists think they drive better than everybody else on the road. Wonder what the other drivers - 20 and 39 percent respectively - have to say about that?

*How about the recent revelation that city govemment buildings in Washington, D.C. hed no toilet paper. Well, to prove you're a man ...

*Really *full* was that 600 pound inmate in San Jose who was freed from the county jail because his cell was too small tor his size. I know ... it doesn't weigh right.

*While we're on dishonesty, it seems about 150 Sicilian priests were caught raising the prices of religious artifacts. A fellow could be mightly *cross* with thet kind of behavior.

*Some windsurfers now subscribe to this nifty, new paging system that alerts them when to get in the water. Next think you know, they'll have to be paged out of the water.

*And finally, we hed a dozen naked men and women recently posing for a photographer one early morning near the Fairmont Hotel on Califomia St. Guess the cable car tracks needed buffin'!

GRAPEVINE TURNS NINE!

With little fenfare and much pride, the Visitacion Valley Grapevine has this month maneged to ege a ninth year with this, it's 109th edition.

Rather than blow our horn and boast of past accomplishments, we will instead humbly state that perseverance is the single, most important key to issuing this - or any - periodical es an impartial voice representing the Valley.

With a little luck, we'll be able to 1o it for many months to come!

BINGO
AT VVCC

66 Raymond Ave. (at Bayshore)
San Francisco

Sunday Afternoons at 1 p.m.
Doors Open at 11:30 a.m.

BIG PAYOUTS EACH GAME

2 Pad Minimum: $13
3 for $15, 4 for $20

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SINCE 1976

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(415) 586-6381

The Rev. Dr. Jerry O. Resus, Minister

Church School Classes - 9:15 a.m.
Sunday Worship Service - 10:30 a.m.
Wednesday Bible Study - 11:00 a.m.
Friday Cottage Bible Fellowship - 7:30 p.m.
Saturday Choir Rehersal - 10:00 a.m.

YOU are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

COME TO CHURCH THIS WEEK

VISITACION VALLEY COMMUNITY CENTER SENIOR PROGRAM
Funded by the S.F. Commission on the Aging

Open 365 Days a Year

Lunch Served Every Day

SENIOR BINGO	SEWING
HOLIDAY CRAFTS	BLOOD PRESSURE
SENIOR COUNCIL	CERAMICS
DAY OUTINGS	BIRTHDAY PARTYS
OVERNIGHT EXCURSIONS	POTLUCKS
RENO TRIPS	HOLIDAY CELEBRATIONS

66 Raymond Ave. 467-4499
Pat Crocker : Director

Documentaries on the Atomic Bombs at Exploratorium

ATOMIC BOMB FILMS

In commemoration of the 50th anniversary of the Hiroshima/ Nagasaki bombings, the Exploratorium remembers the devastation of the bomb's aftermath in a special film program August 5 at the McBean Theater, free with admission to the museum.

At 1 p.m., *Nagasaki Journey*, a new 30 minute film by Judy Irving and Chris Beaver, in association with IDG films, portrays the effects of the bombing of Nagasaki from both American and Japanese perspectives. The film presents the stories of two Japanese survivors as well as eyewitness recollections of U.S. Marines who occupied the city shortly after the end of the war.

The film incorporates never- before-seen color footage shot by Marine cinematographers and the recently published photographs of Yosuke Yamahata, a Japanese Army photographer, whose photos are included in a virtual exhibition posted on the Exploratorium's World Wide Web site.

Next screens the classic *Hiroshima - Nagasaki, August 1945*. This haunting document, shot by Akira Iwasaki in the wake of the bombing of Hiroshima and Nagasaki, gives a sense of walking amidst the urban rubble. Imprisoned during World War II for his antiwar convictions, Iwasaki was commissioned by the Japanese government to document the effects of the new weapon.

At 2 p.m., technologist/ activist Dale Nesbit, formerly with Lawrence Berkeley Laboratories, will discuss questions of social responsibility which have surrounded nuclear research since the war.

At 3:30 p.m., the celebrated film *Day After Trinity* profiles J. Robert Oppenheimer and Exploratorium founder Dr. Frank Oppenheimer in a portrait of physicists who worked at Los Alamos in the development of the first atomic bomb.

At 5 p.m., David Brown's *Bound by the Wind* looks at the effects of nuclear weapons testing on people around the world.

WHERE ARE WE GOING?

Reknowned calligrapher and artist Kazuaki Tanahashi presents *Where Are We Going?*, a performance of one-stroke brush painting at the Exploratorium on August 6 and 13 beginning at 2 p.m. Using large mop-like brushes with bases made of white felt, Tenehashi sweeps over large canvases with many poured colors in an almost dancing motion.

DOG TAILS

You might train your dog to stay, fetch or roll over, but the minute you tell a dog to juggle, he or she will look at you funny. So how do two lively pups juggle, do acrobatics and teach about genetics? Actually, they're a rare breed.

Underneath their furry fluff and their ruff ruff, they're also two of the top stars of the *New Pickles Circus* starring in the original play *Dog Tails*, to be performed every weekend at 2 p.m. from August 12 through September 4 in the McBean Theater.

SUMMER HOURS

Located inside the Palace of Fine Arts at 3601 Lyon St., the Exploratorium is open daily from 10 a.m. to 6 p.m. (Wednesdays until 9:30 p.m.) through Labor Day, September 4. First Wednesday of each month is free. Call 563-7337 for more information.

VISITACION VALLEY TASK FORCE BENCHMARK MEETINGS
August 3 at 6 p.m.
August 9 at 6 p.m.
Visitacion Valley Community Center
50 Raymond Ave.
at Bayshore Blvd.

Puxxler: Classic Super Heros

Aquaman
Batman
Captain America
Captain Marvel
Daredevil
The Flash
Green Hornet
Green Lantern
Hawkman
Hour-Man
Human Torch
Incredible Hulk
Mighty Thor
Plastic Man
Sandman
Spectre
Spiderman
The Spirit
Sub-Mariner
Superman
Wonder Woman

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I	A	L	E	V	R	A	M	N	I	A	T	P	A	C

This Month in S.F. History

AUGUST

1: In 1849, John W. Geary became San Francisco's last American alcalde. One year later, the former local postmaster, who had served as a colonel in the Mexican-American war, became the City's first mayor. In 1881, a U.S. Quarantine Station was authorized for Angel Island. In 1961, the new Hall of Justice at 850 Bryant St. was opened.

2: In 1873, Andrew S. Hallidie operated the first of his cable cars down the steep Clay St. hill, completing the six-block trial run between Jones and Kearney Sts. In 1923, President Warren G. Harding, having become ill at Grants Pass, Oregon during a tour of the western United States, died at the Palace Hotel.

3: In 1859, the S.F. Evening Picayune, the first evening newspaper on the Pacific Coast, commenced publication by Dr. J.H. Gihon & Co. at six cents an issue.

6: In 1866, an eight-hour work day was demanded by striking City plasterers.

9: In 1970, a contract for a preliminary topographical survey was awarded to W.H. Hall in the designing of Golden Gate Park.

10: In 1973, the first BART train traveled through the transbay tube under the S.F. Bay to the new subway station at Montgomery St.

11: In 1930, a minimum clearance of 220 feet was established by the War Dept. for mid-span construction of the Golden Gate Bridge, with clearance at both piers set at 210 feet.

15: In 1901, 30 tons of explosives destroyed the hazardous Arch Rock situated in S.F. Bay. In 1914, Muni began operating streetcars on its new H-Van Ness route, later to become the 47 Potrero.

18: In 1860, 60 acres of Lone Mountain were purchased by Archbishop Joseph Alemany to become part of the Calvary Cemetery, consecrated two years later on August 17.

18: In 1856, the Vigilance Committee held a large general review and parade to mark suspension of its operations. More than 3,000 men had served in its forces. In 1903, the maiden flight of Dr. A. Crath'a experimental dirigible was made over the City.

20: In 1958, the Republican National Convention opened at the Cow Palace, soon to again nominate President Dwight D. Eisenhower and Vice President Richard M. Nixon for eventual victories in the November election.

22: In 1869, the City's first railroad freight, a varied assortment of footwear, arrived from Boston in just 18 days. In 1899, the first wireless telegraph transmission to be received in the U.S. was sent from the S.F. lightship to a station inside the Cliff House.

24: In 1893, ground was broken for the S.F. Mid-Winter Fair in Golden Gate Park.

29: In 1914, the Arizona became the first ship to arrive in S.F. Bay via the newly completed Panama Canal. In 1954, the reconstructed S.F. International Airport was opened.

31: In 1951, the clipper ship Flying Cloud, piloted by Capt. Creesy and carrying varied merchandise, set a long-standing sailing record of 89 days - surpassed only several years ago - from New York to S.F. traveling around Cape Horn.

Child Lead Poisoning Prevention Campaign

Grocery shoppers saw something new for their kids in July as the S.F. Department of Public Health (SFDPH) and 250 Safeway stores in Northern California and Hawaii teamed up with the state's Department of Health Services to launch a children's lead poisoning prevention campaign. Designed to encourage parents to test youngsters for lead, both county and neighborhood groups were actively involved in the program.

"This collaborative campaign is remarkable," said Ben Gale, director of the Bureau of Environmental Health Services at SFDPH. "It allows us to tell millions of parents how important it is to have their children tested for lead."

According to Gail Herrick, public health nurse with the S.F. Childhood Lead Prevention Program (SFCLPP), more than eight percent of young children in San Francisco have unsafe amounts of lead in their blood. Lead, even in small amounts, can impair a child's growth and development, and can cause learning and behavioral problems.

"Most children with lead poisoning do not look or act sick, so it is really important to get all children under six tested for lead," she said.

Children most at risk for lead poisoning live in houses and apartments built before 1978, when lead-based paint was in widespread use. Unsafe levels of lead in paint were banned in 1978. In S.F., more than two-thirds of all city housing was built before 1950, affecting some 24,000 children ages 1 to 5. Another 25 percent of homes were built between 1950 and 1978.

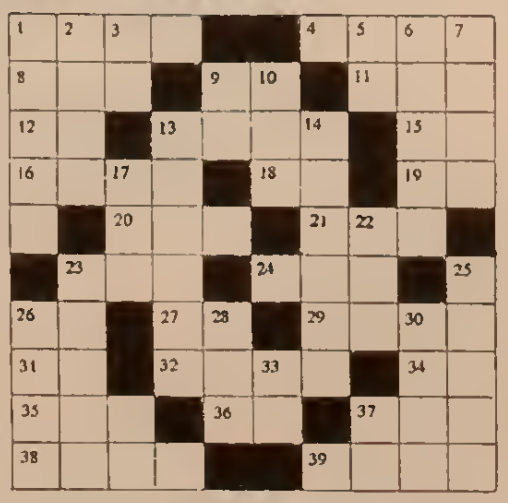
Young children living in homes with lead-based paint may eat paint chips, dust and soil contaminated with lead. Other sources of lead exposure are: ceramics, drinking water, use of home remedies and lead dust taken home from the job.

For information about lead related questions, call 554-8930

Bump, the Grump

Grapevine Crossword

Solution on Page 5



ACROSS
1. Pointar
4. Applaud
9. Bird
9. Confer
11. Fright
12. Redium
13. Fruit
15. Equally
19. Kind
19. 12 across
19. Route (ab)
20. Finish
21. Female
23. And so forth
24. America
26. No more Rame
27. That is
29. Engrave
31. Rather
32. Woman
34. Male
35. Everything
36. For
37. Affirmative
38. Colored
39. Stronghold

DOWN
1. Value
2. Gone
3. Senior Circuit
5. Dodgerville
8. Know
7. Vermin
9. Chlorina
10. Pelt
13. Write
14. Raymond
17. Dog
22. Bonnet
23. Premature
25. Hutch
26. Cargo
28. Consume
30. Sonny & _
33. Act
37. Yo _

Historic Proportions

Match clues to their answers.

1947

1. On October 14, he broke the sound barrier in a rocket-propelled Bell X-1.
2. He started appearing in the funny papers.
3. Humphrey Bogart and Lauren Bacall were hanging out on Telegraph Hill in this movie.
4. But this movie won *Best Picture* at the Academy Awards.
5. Along with being named *Rookie of the Year*, he was the first official African American to play in major league baseball.
6. They won the World Series.
7. He became the original anchorman of the *CBS Evening News*.
8. From the movie *Song of the South* came this popular tune.
9. He was popular with the wrestling crowd.
10. Finally gaining its independence was this country.
11. This became a National Park.
12. Lots of people started seeing lots of these in the sky.
13. Eye-popping swimwear was introduced this summer.
14. First time you could squirt this from a can.
15. He was elected mayor of San Francisco.
16. On April 16, a horrible explosion here caused widespread death and destruction.
17. Starting this year, dirt couldn't hide from this.
18. Howard Hughes finally flew his wooden *monster* on November 2 for a mile at Long Beach.

A. Gorgeous George
B. India
C. Best Years of Our Lives
D. The Everglades
E. Bikini
F. Tide
G. Reddi-Wip
H. Flying Saucers
I. Zip-A-Dee-Doo-Dah
J. Dark Passage
K. Elmer Robinson
L. Douglas Edwards
M. Chuck Yeager
N. Spruce Goose
O. Texas City
P. Steve Canyon
Q. New York Yankees
R. Jackie Robinson

Answers: 1-M, 2-P, 3-J, 4-C, 5-R, 6-Q, 7-L, 8-I, 9-A, 10-B, 11-D, 12-H, 13-E, 14-G, 15-K, 16-O, 17-F, 18-N

Recipe Corner

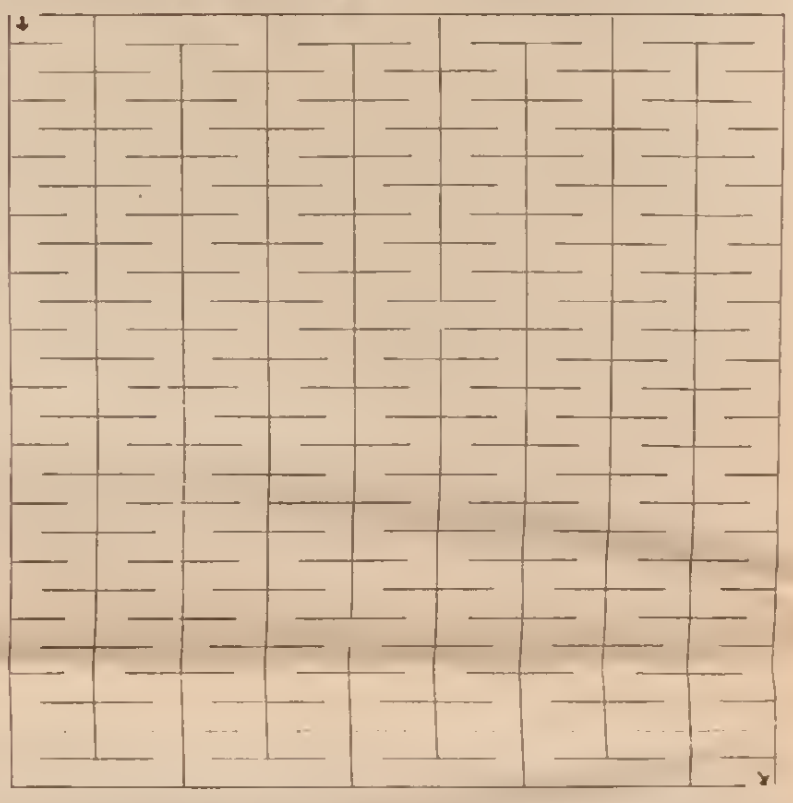
FARMERS' DELIGHT

1 can whole corn (drained); 1 can cream corn; 3/4 cup (8 oz.) sour cream; 1/2 stick oleomargarine (melted); 1/2 cup milk; 1 egg, beaten; 1 box Jiffy Corn Bread Mix; 1 cup grated cheese.

Mix all the above, except cheese.

Put in greased dish. Sprinkle cheese on dish before baking. Bake at 350 degrees for 40 minutes. Serves 8.

Minute Maze



Famous Birthdays

AUGUST

1: Robert Cray (1953); Dom DeLuise (1933); Jerry Garcia (1942); Jack Haley (1900); Hugh Herbert (1887); Arthur Hill (1922); Henry Jones (1912); Francis Scott Key (1779); Herman Melville (1919); Sam Warner (1887)

2: Carroll O'Connor (1924); James Baldwin (1924); Victoria Jackson (1959); Gary Merrill (1915); Alan Reed (1907); Peter O'Toole (1934); Jack Warner (1892)

3: Elizabeth Ashley (1939); Tony Bennett (1926); Joan Blondell (1912); Dolores Del Rio (1905); Jean Hagen (1923); John Landis (1960); Peggy Lipton (1947); Raymond Massey (1896); Fred MacMurray (1908); Jay North (1952); Ernie Pyle (1900); Martin Sheen (1940)

4: Frankie Ford (1940); William Schuman (1910)

5: Loni Anderson (1946); Neil Armstrong (1930); Rick Derringer (1947); John Huston (1906); John Saxon (1935); Robert Taylor (1911)

6: Lucille Ball (1911); Leo Carrillo (1880); Robert Mitchum (1917)

7: Billie Burke (1886); David Rasche (1944); B.J. Thomas (1942)

9: Keith Carradine (1949); Rory Calhoun (1923); Dustin Hoffman (1937); Connie Stevens (1938); Carl "Alfalfa" Switzer (1926); Jerry Tarkanian (1930); Esther Williams (1923)

9: Sam Elliott (1944); Melanie Griffith (1957); Allan "Farina" Hoskins (1920); Whitney Houston (1963); Ken Norton (1946); Robert Shaw (1927); David Steinberg (1942)

10: Ian Anderson (1947); Rosanna Arquette (1959); Riddick Bowe (1967); Jimmy Dean (1928); Eddie Fisher (1928); Bobby Hatfield (1940); Herbert Hoover (1874)

11: Mike Douglas (1925); Jerry Falwell (1933); Alex Harvey (1921); Hulk Hogan (1953); Joe Jackson (1955); Lloyd Nolan (1902)

12: Cecil B. DeMille (1881); John Derek (1926); George Hamilton (1939); Mark Knopfler (1949); Buck Owens (1929); Marjorie Reynolds (1921); Barry Sullivan (1912); Suzanne Vega (1959)

13: Danny Bonaduce (1959); Timothy Bottoms (1951); Fidel Castro (1926); Dan Fogelberg (1951); Pat Harrington (1929); Alfred Hitchcock (1899); Don Ho (1930); Bert Lahr (1895); Gene Raymond (1908); Regis Toomey (1902); Jane Wyatt (1912)

14: David Crosby (1941); Alice Ghostley (1926); Magic Johnson (1959); Steve Martin (1945); Nehemiah Persoff (1920); Susan St. James (1946); Danielle Steel; Robert Woolsey (1889)

15: Julia Child (1912); Mike Connors (1925); Huntz Hall (1919); Tess Harper (1950); Vernon Jordan (1935); Rose-Marie (1925)

16: Ann Blyth (1928); Belinda Carlisle (1958); Robert Culp (1930); Frank Gifford (1930); Kathie Lee Gifford (1953); Anita Gillette (1938); Eydie Gorme (1932); Timothy Hutton (1960); Madonna (1958); Julie Newmar (1935); Fess Parker (1925); Lesley Ann Warren (1946)

17: Davey Crockett (1786); Robert DeNiro (1943); Maureen O'Hara (1920); Sean Penn (1960); Mae West (1892)

18: Rosalynn Carter (1927); Martin Mull (1943); Roman Polanski (1933); Robert Redford (1937); Christian Slater (1969); Patrick Swayze (1952); Shelly Winters (1922)

19: Ginger Baker (1939); Bill Clinton (1946); Tipper Gore (1948); Billy J. Kramer (1943); Jill St. John (1940)

20: Connie Chung (1946); Benjamin Harrison (1883); Isaac Hayes (1942); Van Johnson (1919); Don King (1931); Phil Lynott (1951); Robert Plant (1948)

21: Count Basie (1904); Wilt Chamberlain (1936); Kenny Rogers (1936); Melvin Van Peebles (1932); Clarence Williams III (1939)

22: Morton Dean (1935); Valerie Harper (1940); John Lee Hooker (1917); Norman Schwarzkopf (1934); Cindy Williams (1948); Carl Yastrzemski (1939)

23: Barbara Eden (1934); Gene Kelly (1912); Shelley Long (1949); Vera Miles (1930); River Phoenix (1970); Rick Springfield (1949); Pete Wilson (1933)

24: Yasir Arafat (1929); Jim Capaldi (1944); John Cipollina (1943); Gerry Cooney (1958); Steve Guttenburg (1958); Dennis James (1917); Durward Kirby (1912); Al Molinaro (1919)

25: Anne Archer (1947); Leonard Bernstein (1918); Clara Bow (1905); David Cassidy (1939); Sean Connery (1930); Elvis Costello (1954); Billy Ray Cyrus (1961); Don DeFore (1937); Mel Ferrer (1912); Monty Hall (1926); Van Johnson (1919); Ruby Keeler (1905); Regis Philbin (1934); Blair Underwood (1964); George Wallace (1919)

26: Macaulay Culkin (1980); Jan Clayton (1926); Geraldine Ferraro (1935)

27: Barbara Bach (1947); Confucius (551 B.C.); Daryl Dragon (1942); Samuel Goldwyn (1882); Pee Wee Herman (1952); Lyndon B. Johnson (1908); Mother Teresa (1910); Martha Raye (1919); Al Ritz (1901); Tuesday Weld (1943)

28: Charles Boyer (1899); Ben Gazzara (1930); Nancy Kulp (1921); Donald O'Connor (1925); Jason Priestle

29: Ingrid Bergman (1917); Rebecca DeMornay (1962); Elliott Gould (1938); Michael Jackson (1958); Peter Jennings (1938); Robin Leach (1941); George Macready (1909); George Montgomery (1918); Preston Sturges (1898)

30: Elizabeth Ashley (1939); Shirley Booth (1907); Timothy Bottoms (1951); Ted Williams (1918)

31: Jerry Allison (1939); Richard Basehart (1914); James Coburn (1928); Richard Gere (1948); Debbie Gibson (1970); Arthur Godfrey (1903); Buddy Hackett (1924); Fredric March (1897); Van Morrison (1948); Daniel Schorr (1918)

August 1995

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DEADLINE FOR SEPTEMBER IS AUGUST 20		1 12:30pm VVCC Senior Bingo	2	3 11:00am VVCC Senior Council Meeting 7:00pm RODSB meeting	4 12:00pm VVCC Seniors - Painting Classes	5 10:00am Saturday Art Class 50 Raymond
6 1:00pm VVCC Bingo	7 11:30am VVCC Seniors Shopping Day	8 12:30pm VVCC Senior Bingo 4:00pm VVCC Board Meeting 4:30pm Sunnydale Tenants Meet 7:30pm El Dorado N.S.C. Meeting	9 6:00pm Executive Park Advisory Committee	10	11 12:00pm VVCC Seniors - Painting Classes	12 10:00am Saturday Art Class 50 Raymond
13 1:00pm VVCC Bingo	14 11:30am VVCC Seniors Shopping Day	15 12:30pm VVCC Senior Bingo	16	17	18 12:00pm VVCC Seniors - Painting Classes	19 10:00am Saturday Art Class 50 Raymond 10:00am Friends of McLaren Park
20 1:00pm VVCC Bingo	21 11:30am VVCC Seniors Shopping Day	22 12:30pm VVCC Senior Bingo	23	24	25 12:00pm VVCC Seniors - Painting Classes	26 10:00am Saturday Art Class 50 Raymond 10:00am Vis-Valley Task Force at 240 Leland
27 1:00pm VVCC Bingo	28 11:30am VVCC Seniors Shopping Day	29 12:30pm VVCC Senior Bingo	30	31 USDA Surplus Food Distr.		

NEXT ISSUE OUT ON AUGUST 31

Saturday Classes at Randall Museum

Randall Museum at 199 Museum Way offers hands-on Saturday classes at 1 p.m. lasting 1 to 2 hours. Space is limited with sign-ups starting 30 minutes prior to each class. All ages are welcome, but children under eight should be accompanied by an adult. Classes are $4-10 a person on a sliding scale and adults also pay the class fee. Young Audiences Arts Card holders receive a 2-for-1 discount. There is plenty of free parking. Call 554-9600 for information.

*August 5: *African Thumb Piano* with Charles Dabo. Make your own "mbira" (African thumb piano) out of wood and metal, and learn how to play it.

*August 12: *Animal Footprints* with Margaret Goodale. Print a tee-shirt or pillowcase with all kinds of animal tracks. Bring your own shirt or buy one for $3.

*August 19: *Collage Workshop* with Dennis Treanor. Make unique mixed media collages.

*August 26: *Squiding Around* with Carol Preston. Learn how amazing these sea creatures are. Learn about jet propulsion, size variation and even do dissections.

SATURDAY SCIENCE

Make great discoveries by exploring the world of science at special 11:30 a.m. classes through August 26. Sign-ups start at 11:15 a.m. Course fees are same as regular Saturday classes.

*August 5: *Skullduggery* with Margaret Goodale. Investigate skulls and bones and follow clues to discover their identities.

*August 12: *Animal Footprints* with Margaret Goodale.

*August 19: *Playground Physics* with Jeffrey Darcy. Slides and swings, balls and things; have fun while you learn about the science of motion.

August 26: *Squiding Around* with Carol Preston.

ALSO ON SATURDAYS

*Animal Feeding at 12 noon.

*Free Animal Talk at 2:15 p.m.

*Golden Gate Model Railroad every second and fourth Saturdays from 12:30 to 5 p.m.

**Drop-in Family Ceramics* 10 to 11:30 a.m. through August 12, an enjoyable introduction to clay work for parent and child alike. No pre-registration necessary.

**Drop-in Model Airplane Workshops* with the Vultures 2:30 to 4:30 p.m. on August 26. The Vultures will show you how to get started in this great hobby by helping you to build and fly your own model airplanes.

Telecourses from CCSF Bring Classroom Home

Turn your living roominto a learning room reads a description for Telecourses of City College in San Francisco.

Telecourses ere college courses you can take at home and receive college credit. Instead of going to City College two or three times a week, you watch your lessons at home on television. Because yu are watching on television, you can videotape the lessons, watch them at your convenience and review them as often as you wish.

Telecourse students go to City College just three times during the semester: once for an orientaiton, once for a mid-term and once for a final exam. Some courses also offer an optional review session prior to the mid-term and final.

City College offers the following 12 Telecourses for the Fall 1995 semester: Art of the Western World; Chemistry for Nonscientists; Joseph Campbell: Transformation of Myth Through Time; French 1A: Elementary French; French 1B: Elementary French; Living with Health; The America's: A History of Latin America; The Africans: African History; History and Aesthetics of Photogrephy; General Psychology and Ownership and Operation of a Small Business.

All of these courses give you College credit end count towards an AA degree conferred by City College. In addition, mny of these courses are transferable to a four year university.

All Telecourses can be viewed on Cable Channel 52 in San Francisco at leat twice. Lessons are also kept at the Media Center at City College, the Phelan campus, for the convenience of students who may miss a television showing. Students who do not subscribe to cable can rent the lessons for the semester.

Cost of a Telecourse is the same as for a regular classroom course.

Registration is taking place right now at City College. For more information about registration, please call 239-3000 and ask to be connected to the Admissions Office. For more information about Telecourses or to request e brochure, please call the Telecourse Office et 239-3885.

Valley Benchmarks

From Page 4

tacion Valley.

*Link education and outreach to Visitacion Valley residents with existing city and Visitacion Velley programs, including existing self-help programs.

Affordable Child Care

II. Provide (xx) new quality and affordable child care slots for children of low-income families in Visitacion Valley.

*Research and quantify the number of slots needed (including needs based on ege distribution).

*Assess the need for respite care.

*Research ways to subsidize program (include child care for infants, which is expensive).

*Include parent effectiveness training and educaiton.

*Explore the community co-op child care concept as a means to increase the number of subsidized child care and respite slots as well as providing crisis and emergency care slots.

*Include cultural sensitivity training.

*Develop a strategy to reduce the waiting list for child care slots.

*Create a community- wide waiting list, database and referral system.

*Provide child care services to sick children.

Tutor/ Mentoring , Homework Assistance

III. Expand existing, or create new tutor, mentoring and homework assistance programs involving Visitaicon Valley adults, local students, and (xx) Visitacion Valley latchkey children.

*Explore e *Visitacion Valley Freedom School* tutor/ mentoring program (year 'round).

*Expand existing Visitacion Valley and citywide programs.

*Promote collaborative efforts of existing and new programs.

*Provide education and outreach of the programs to the community.

*Include cultural sensitivity training.

Resource Center/ Hotline

iV. Create e support service resource center/ program/ hotline for Visitacion Valley adults and parents.

*Expand existing social work and mental health programs that address the needs of parents.

*Promote collaborative efforts of existing and new programs.

*Include cultural sensitivity training.

*increase and strengthen partnership between DSS and community-based programs in identifying, monitoring end follow-up of at-risk families with children.

After School Enrichment Programs

V> Create a comprehensive after school enrichment program for Visitecion Valley youth (including sports, arts, etc.).

*Expand existing eiter school and weekend programs.

*Conduct outreach (document and promote programs).

*Raise funds for program staffing and development.

*Research existing citywide and community- based programs including: Midnight Basketball, Little League, Bobby Sox, etc.

*Expand programs that provide safe alternatives for Visitacion Valley youth.

*Support qualified expansion of programs (including staff and volunteer training).

Truth about Plastic and Recycling

By David Assmann
S.F. Recycling

"My plastic container has a recycling arrow on the bottom, so why won't the recycling collectors accept it?" This is one of the questions the San Francisco Recycling Program gets asked frequently. To answer this question, we need to look at how plastics are made and how they are recycled

Plastic products are made from plastic resins, which are derived from petroleum in a chemical process. The first plastic, celluloid, was created in 1868 in response to a $10,000 reward to replace ivory in billiard balls. Celluloid was soon used to replace ivory in brush handles, tortoise shell in combs and linen in shirt collars. By the 1930s, celluloid was being used for film, vinyl was created to make phonograph records, dentures and beer cans, and the introduction of nylon for stockings in 1939 created the *nylon riots*, as shoppers fought over the "no-run, no-sag, patriotic" replacement for silk. By the 1960s, plastics were found everywhere.

Plastic products have many uses in today's society, including some considered indispensible. However, there is e down side to plastic. One-third of all plastic is used for items with e lifespan of less than one year. We now use more than one billion barrels of oil a year just to make plastics. The largest single use for plastic is for packaging, with a significant percentage being used for *convenience* packaging. In fact, we now are spending more for packaging our food than farmers receive in net income.

Although considered by many to be a safe, non-toxic product, hundreds of thousands of sea birds and mammals are killed by plastic every year. In addition, five of the top six chemicals whose production generates the most hazardous waste ere commonly used by the plastics industry.

Today there ere 200 different plastic resins, but most consumer products made from plastice fall have ben consolidated into one of six different categories. These six categories: #1 - Polyethylene Terephthalate (PET), #2 - High Density (HDPE), #3 - Polyvinyl Chloride (PVC), #4 - Low Density Polyethylene (LDPE), #5 - Polypropylene (PP) and #6 - Polystyrene (PS) are all manufactured using different processes and cannot be mixed together and recycled. So, for example, if one #3 shampoo bottle is included with e load of #1 soda bottles, it could contaminate the whole load and make it unrecyclable.

The Society for the Plastics Industry came up with a labeling system for plastics a number of years ago. This system, which uses the above numbers (from 1 to 7) surrounded by recycling arrows, was designed to identify the different types of plastic resins so that they could be more easily recycled when recycling systems came into place.

However, even though most plastics are technically recyclable, the recycling infrastructure for plastics is in its infancy. Less than three percent of the 60 billion pounds of plastic produced every year are actually recycled. And although plastics made up a minute percentage of the waste system in 1960, by 1992 plastics occupied more than 20 percent of landfill space nationwide. This percentage is continuing to grow, and the Environmental Protection Agency estimates that a quarter of our garbage will be plastic by the turn of the century.

As a result of this low recycling rate and lack of recycling facilities for plastic, environmentalists and recyclers heve been pressuring the plastics industry to change their recycling symbols, arguing that the symbols mislead the public into believing that plastics are easily recyclable.

Many plastic products, such es polystryene food-service products, are no longer being labeled as recyclable as the result of efforts by the Federal Trede Commission (FTC) to protect consumers from false advertising.

How does that relete to what's recyclable in San Francisco? Well, the highest recycling rate for plastic resins is for #1 end #2 bottles (33 percent of #1 bottles and 17 percent of #2 bottles are recycled nationwide). That's why we can accept #1 and #2 bottles citywide. However, since there's not a well established market for many of the other plastic resins (four of the six resins have a recycling rate of less than one percent), we currently can't accept any other kinds of plasiic.

If market conditions improve, the San Francisco Recycling Progrem will be able to accept other kinds of plastics. But until that happens, if you have the choice between a non-recyclable plastic and an alternative recyclable material (like glass), choose the recyclable meterial.

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SAN FRANCISCO PLANNING COMMISSION
ADVISORY COMMITTEE ON HAZARDOUS WASTE FACILITY EXPANSION
ON TUNNEL AVENUE

Regular Meeting, August 1, 1995, 7 p.m.
Korean Presbyterian Church
120 Lathrop Ave., San Francisco

Discussion on Formation
of Assessment Oversight Committee

Further Information: 558-6319, or
Don Bertone, Chair: 467-9669

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Most Kids Believe a Balanced Diet Is Important for Good Health

If a positive attitude is the first step to better health. America's kids are well on their way. Of the youngsters questioned in e new Gallup survey, 97 percent agree that e balanced diet is very important for good health, and 98 percent agree that physical ectivity is too.

Although they get an "A" for attitude, kids aren't making the grade when it comes to understanding what constitutes good nutrition and exercising as much as they should.

Developed by the American Dietetic Association (ADA) and the Internationel Food Information Council (IFIC) in cooperation with the President's Council on Physical Fitness and Sports (PCPFS), the survey assessed the attitudes and behaviors of 410 children between the eges of nine and 15 regarding food, nutrition and physical activity. The Gallup Organization conducted the survey in late 1994 as a follow-up to a similar srvey conducted in 1991.

NUTRITION MESSAGE

The survey found that kids are beginning to understand the basic tenets of healthy eating: variety, balanca and moderation. Nearly ell (96 percent) say they like eating different types of food. Eighty-seven percent egree that eating smaller amounts of a variety of foods is better than eating large amounts of only a few - up from 64 percent in 1991 - a trend Doris Derellan, Ph.D., R.D. and ADA's president, finds encouraging.

"Children understand that they can enjoy a wide variety of foods eaten in moderation," she said. "We need to continue encouraging these attitudes about a balanced diet since they are essential for optimal growth and development of our youth."

However, the youngsters surveyed also hold some misconceptions about nutrition despite the growing amount of nutrition information available.

Nearly three-fourths (71 percent) feel thet their favorite foods are not good for them, a slight increase from the 1991 survey results. Likewise, more than two-thirds (64 percent) believe foods that are good for them do not teste good, up from 50 percent in 1991.

"We need to remind kide that all foods can fit into e healthful diet," said Nancy Schwartz, Ph.D., R.D., director of ADA's National Center for Nutrition and Dietetics. "The key to a healthful diet is balancing your food choicas over a period of time. For example, if you find yourself eating foods thet are higher in fat and calories one day, then choose foods the next day that heve less fat and fewer calories."

EATING PATTERNS

The survey also indicates that kids are changing how and where they eat.

Most kids do not eat three meals e dey. Half of the respondents (51 percent) say they skip breakfast, and 28 percent skip lunch. In addition, 16 percent say they skip dinner, en increase of six percentage points in the last three years.

More and more youngsters agree thet snacks can be an important part of e healthy diet (32 percent in 1994 vs. 22 percent in 1991). Hurried lifestyles, coupled with the smaller portions kids eat, means many youngsters are not eble to sit down and eat a full meal.

"Snacks are en important part of the diet because they help prevent between-meal hunger and fatigue. Foods such as cheese, pretzels, fruit or cut raw vegetables are great snacks that help kids refuel throughout the day end are easy to carry in a backpack or bag," noted Schwartz.

More kids are eating the school lunch, according to the survey. More then two-thirds (67 percent) say they eat school lunches, and 28 percent take their lunch to school. In 1991, 58 percent said they ate the school's lunch end 40 percent brown bagged it.

FUN WHILE GETTING FIT

The survey indicates that todey's kids like being physically ective. The most common reason kids geve for being ective was "because it's fun," end 78 percent of those surveyed say they enjoy end look torward to participating in physical activity or sports.

Furthermore, 80 percent say they want to be more active in the coming year.

"Linking fun and good health to physical activity is essential," said Sandra Perlmutter, executive director of the PCPFS. "While we all know the health aspects are important, keeping the fun in physical activity and sports is what keeps kids moving - and will hopefully translate positive behaviors into lifetime habits.

"Parents, teachers and others can keep it fun by encouraging kids to be ective with their friends and family members," she said. "The *get fit with e friend* epproach really works."

When asked what ectivities they had engaged in during the last six months, the youngsters surveyed say playing outdoors (66 percent), walking (62 percent), jogging or running (59 percent), riding e bicycle (58 percent) and playing basketball (56 percent). More than half of those surveyed say they either play outside or walk every day.

The survey results were compared to Healthy People 2000, national health objectives established by the federal government in 1990. While America's kids ere moving in the right direction, they're not there quite yet.

"While these results indicate that the majority of kids ere involved in e sport or specific activity, they may not be participating regularly in both moderete and vigorous activities," said Perlmutter.

Ideally, moderate physical ectivities such as running or aerobic dancing should be included every other dey. Perlmutter noted that this can be echieved by making some basic chenges.

"By changing e few habits, young people can significantly increase their physical activity levels and find that, in e short while, they feel and even look better," she said.

"Walking or biking to e friend's house instead of getting e ride is one possibility. Taking the stairs at the shopping mall instead of the escalator or elevator is enother. Taking e 10-minute break every hour from studying or watching television to walk around the house or eround the block, or turn on e radio end dance will also improve health. Meanwhile, kids can work their way up to vigorous ectivities three times e week."

SCHOOLS AS ROLE MODELS

Todey's halls of learning have a lot more to offer students than the traditionel three R's. The survey indicates that our schools play a pivotal role in molding chikiren's attitudes and behaviors about nutrition and physical activity.

For example, schools and teachers are considered to be the major source of nutrition information for 90 percent of the respondents, and 80 percent rate that information es very useful.

"Teachers are in the unique position of being able to tie the classroom into the lunchroom," said Derellan. "Whether the subject is science, history, math or home economics, all classes are e forum for chikiren to learn about food, eeting end nutrition."

School also provides a place to get the exercise children need to develop properly. However, only one-third of ell respondents report taking physical education class five days e week; enother 38 percent take it two or three days a week.

Some schools ere looking for other ways to incorporate physical activities into the class schedule. The survey found that, of those who say they do not attend PE, two-fifths (41 percent) say they do participate in some type of physical activity in another class. Furthermore, 26 percent of all the respondents say they attend an after-school program almost every day, while enother 20 percent do so two or three times e week.

"It's clear that schools are where chikiren get their nutrition and physical activity information, where many receive at least one meal e day, and where most children are given e chance to be physically active," said Sylvia Rowe, president of IFIC. "Thus, it's critical that we as e society support our schools and continue offering the top-notch information end resources our children need for optimal growth and development."

A BRIGHT FUTURE

The survey results indicate that today's edolescents are not that far off track but do need guidenca to achieve a healthful lifestyle.

One tool to help children develop healthier behaviors is the updated brochure *10 Tips to Healthy Eating end Physical Activity for You*, developed by ADA, IFIC end PCPFS. For a free copy of the brochure, send e stamped, self- addressed business- size envelope to: 10 Tips for You, P.O. Box 1144, Rockville, MD 20850.

For more information about food and nutrition or e referral to e registered dietitien, call ADA's Hotline at 1-800-366-1655. For more information about improving your physical activity level, write to the President's Council on Physical Fitness and Sports, 701 Pennsylvania Ave., N.W., Suite 250, Washington, D.C. 20004.

International Food Information Council

National Park Service Events

Call for raservations and information.

FORT FUNSTON

**Going Native*: Tour the Fort Funston Native Plant Nursery, 10 a.m. August 5 (239-2366).

**Who Was Fearless Freddie?*: Learn about Fort Funston during its army days, 2 p.m. August 5 (556-8642).

FORT POINT

**Pier Crabbing*: Learn about equipment, bait (50 cents fee) and regulations, 2 p.m. August 12, 26 (556-0865).

OCEAN BEACH

**Adopt-a-Beach*: Help clean Ocean Beach, 10:30 a.m. August 20 (239-2366).

**Beach Party Campfire*: Bring marshmallows to Lincoln Way and Great Highway 7:30 p.m. August 18 (556-8642).

PRESIDIO

**The Army Changes the Landscape*: Discover impacts of 200 years of settlement while helping restore native plant communities, 10 a.m. August 12 (556-0865).

**Architecture and Cultural Landscape*: 1 p.m. August 12 (556-0865).

**Back to the Future*: Walking tour of the Presidio, 10 a.m. August 5, 19, 20; 2 p.m. August 26 (556-0865).

**Cemetary Walk*: Tour the S.F. National Cemetery, 10:30 a.m. August 13 (556-0865).

**Invasion Discussion*: Walk coastal trails and see how soldiers guarded the Golden Gate, 10 a.m. August 19 (556-0865).

**The Last Gun*: Demonstration of the last operational gun of its kind, 10 a.m. August 5 (556-0865).

**Mountain Lake to Fort Point Hike*: 10 a.m. August 12 (556-0865).

**Patriotism and Prejudice*: Japanese-American intelligence officers were crucial to military planning in World War II, even while their families were intarned in wartime camps. A short walk will show where both actions began, 1 p.m. August 12 (556-0865).

**Pedaling the Presidio*: Bike rida through the Presidio, 10 a.m. August 13, 26 (556-0865).

**Streets of the Presidio*: How Presidio streets ware named, 2 p.m. August 26 (556-0865).

**A Walk on the Wild Side*: Learn about plants, animals and geology, 10 a.m. August 13, 27 (556-0865).

SAN FRANCISCO MEMORIAL

**The Battle of the USS San Francisco*: Learn about this ship's rola in the close-est-range battle ever fought by the U.S. Navy, 2 p.m. August 26 (556-8642).

SUTRO HEIGHTS PARK

**Sutro Haights Stroll*: 11 a.m. August 19 (556-8642).

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